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METROVIEWS

IS TRUDEAU A CLOSE TALKER?

Plus: Trudeaumania in Manila

Your essential daily news | WEEKEND, NOVEMBER, 20-22, 2015 | High 7°C/Low -2°C Sunny

Brooke McDonald, a recent grad, had her bike stolen outside Emily Carr University of Art + Design eight months ago. She isn't surprised by data that shows Granville Island is the number one hot spot for bike thefts in the city. JENNIFER GAUTHIER/METRO

HOT WHEELS

Data reveals top 10 bike theft spots in the city

metroNEWS

Body of missing whale-watcher recovered

VARGAS ISLAND

Man's family has thanked communities for kindness

The body of an Australian man has been found off Vancouver Island's West Coast, bringing to six the number of people who are confirmed dead after a whale-watching boat flipped on Oct. 25.

The BC Coroners Service said Thursday the body of 27-year-old Raveshan Morgan Pillay was recovered on the shore of Vargas Island, not far from Tofino.

Twenty-seven tourists and crew were tossed into the water, about 15 kilometres northwest of the tourist town, when a wave broadsided the Leviathan II, a 20-metre whale-watching boat.

The five people who were confirmed dead on the night of incident were all from the U.K. and ranged in age from 18 to 76.

An extensive search for Pillay turned up nothing until surfers reported finding a body Wednesday night on a beach on Vargas Island, close to where the vessel flipped over.

Tofino Mayor Josie Osborne said Pillay's family travelled from Sydney to Tofino after the accident, but returned back to Australia last week.

"(We're) just thinking a lot about his family and friends and the whole incident, and also mindful about all the people who were involved in the search for him," said Osborne in an interview on Thursday.

"And also the sense of anxiety that they might be feeling too about just confirming."

The Coroners Service, Transportation Safety Board and RCMP were continuing to investigate the cause of the incident.

Pillay's family told the community that had they experienced "kindness after kindness" in a thank you letter published in the local newspaper after their departure.

"Every shop we walked into was welcoming, every person we spoke with so kind," said the letter addressed to the communities of Tofino, Ahousaht and Tla-o-qui-aht.

"Nobody is to blame. We lost our son, but we only lost his physical body. His spirit is here. And we gained a family, friends, a community. We will be back."

The letter, signed by the "Pillay/Hooker Family," included a long list of thank yous and was printed on Nov. 11 in the Westerly News.

Pillay's girlfriend and her family were also on board the vessel when it capsized and his girlfriend's father was among the five people confirmed dead.

The mayor said she would look to the family's direction regarding holding a memorial.

The Transportation Safety Board has said that many of the passengers were sightseeing on one side of the upper deck when a wave hit from the opposite side, overturning the boat.

Life-jackets were not required on the vessel and it appeared the tourists were not wearing them, an initial coroner's investigation found. THE CANADIAN PRESS

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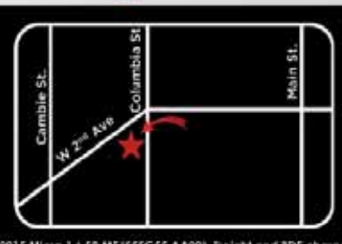

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metro NEWS

Your essential daily news

Drought in South Africa could make rooibos teas scarce and pricey. **Business**

Robertson applauds Liberals

POLITICS

Mayor likens actions to the Berlin Wall coming down

Emily Jackson
Metro | Vancouver

In a speech to the Canada 2020 Conference in Ottawa, **Mayor Gregor Robertson applauded the new Liberal government** and called for investment in cities.
JENNIFER GAUTHIER/METRO FILE

The cold war between Canadian cities and the federal government appears to be over.

Vancouver Mayor Gregor Robertson compared the Liberal Party's first actions in government to the Berlin Wall coming down in a speech to a progressive audience in Ottawa on Thursday, exactly one month after the federal election where the party swept into power.

The mayor of Canada's largest left-coast city invoked the comparison to the wall that divided East and West Germany for nearly three decades by pointing to the Liberal announcements to unmuzzle scientists, take action on climate change and reopen the Kitsilano Coast Guard Station.

"It says a lot about the last decade that just restoring some basic common-sense measures to the federal government can feel like the Berlin Wall coming down," Robertson said in his address to the Canada 2020 Conference.

Robertson held no punches in his speech, a copy of which was provided to Metro prior to its delivery. He called on the new federal government to pay attention to the cities that drive Canada's economy — something that already seems to be happening, considering the mayor's office says he has met with four cabinet ministers and the head of the Canada Mortgage Housing Corporation in the past 24 hours alone.

> **Canada's cities have to recover from a lost decade.**
> Mayor Gregor Robertson

"Canada's cities have to recover from a lost decade, and that means a lot of time to make up," Robertson said. While the Conservative government did make important contributions, he said they were piecemeal and didn't recognize the urgency of infrastructure challenges.

He called on the federal government to prioritize investments in transit, affordability and climate change.

"It's about damn time" Canada will urge progress instead of lobbying for one industry when the United Nations conference on climate change begins in France in two weeks, he said.

Robertson bragged about innovation taking place in cities across Canada, citing them as examples of economic diversity that are happy to welcome Syrian refugees.

Robertson wrapped up with a call for "progressive forces" to keep pushing for change.

"Don't think for a moment that the fight is won, that the hard work is over, or that it's time to demobilize," he said. "The worldview that aimed to silence cities and mute progressive voices: it's still alive and well and very well-funded."

No governance changes to TransLink: Minister

TRANSIT

Fassbender resists calls to give authority to elected officials

Matt Kieltyka
Metro | Vancouver

TransLink's governance will not change.

That's the message Peter Fassbender, the newly appointed minister responsible for TransLink, delivered to Metro Vancouver mayors at a recent meeting.

Speaking at an Urban Development Institute event on Thursday, Fassbender said he has resisted calls from mayors to put the transportation authority back in the hands of elected officials and away from its appointed board.

"One of the issues that people talk to me about, and the mayors have, is that the governance structure needs to be redone again," Fassbender said. "I clearly said to the mayors I am not prepared to change the governance again on the TransLink board, or in the relationship of the mayors' council, or the relationship with the provincial government. I don't believe governance is the issue."

Instead, Fassbender said his focus is on making the current structure work. He said the appointments of former Vancouver police chief Jim Chu and former Surrey city manager Murray Dinwoodie as the province's first ever representatives on the TransLink board in August was a step in the right direction.

Peter Fassbender, the minister responsible for TransLink, speaks at an Urban Development Institute event in Vancouver on Thursday. JENNIFER GAUTHIER/FOR METRO

> **I don't believe governance is the issue.**
> Peter Fassbender

Fassbender said his declaration was made during a meeting with the mayors within the last three weeks.

It likely came as a disappointment to mayors who, in the aftermath of the failed plebiscite on transit funding earlier this year, called for "immediate governance changes" and threatened to "reconsider its role within the TransLink governance structure" if it was not changed by the end of the year.

Voters seemed to have the same sentiment.

According to an Insights West exit poll after the plebiscite, 62 per cent of people said reforming the way TransLink operates should be the most pressing concern when it comes to transportation in the region.

Fassbender's next goal is to take advantage of the "unique opportunity" presented by the change of government in Ottawa.

The federal Liberals, like all parties during the election, have promised to significantly boost infrastructure spending.

"We, as a provincial government, are going to work hard to make sure that we go to Ottawa ... and make sure that British Columbia is invested in by the federal government," he said. "I think the federal government is willing to move very quickly."

'SERIOUS ALLEGATIONS'

Writers, publisher defend UBC prof

Steven Galloway's publisher and fellow writers say they support the acclaimed author after the University of British Columbia suspended him from his job as chairman of its creative writing program over "serious allegations."

The university has not disclosed the nature of the allegations or the number of complainants. An investigation has not yet been launched and no wrongdoing has been determined.

Gage Averill, dean of UBC Arts, said Thursday that the university was "in discussions" with a well-respected external investigator and that he expected an announcement within the next two days. He said the allegations emerged on Sunday. He declined to say who the complainants were but said he learned of the accusations from faculty members, not the media.

Averill acknowledged that in not disclosing details, UBC was doing a "complicated dance."

"We wanted to make sure that students, faculty and staff understood we were taking measures to open up an investigation and do due diligence," he said.

"At the same time, we have Prof. Galloway, against whom no charges or allegations have been proven. No findings have been made at this moment. We should give him due process."

The school said Wednesday that the best-selling author of The Confabulist and The Cellist of Sarajevo had been suspended with pay. THE CANADIAN PRESS

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CONCORD PACIFIC

Special prosecutor to join case

GOVERNANCE

RCMP continue investigation into deleted email scandal

Matt Kieltyka
Metro | Vancouver

A special prosecutor will be appointed as RCMP investigate allegations a B.C. government staffer lied to privacy-commission investigators about the deletion of emails.

The Criminal Justice Branch announced Thursday that Greg DelBigio had been named special prosecutor and was tasked with providing legal advice to RCMP during the course of their investigation.

But he stepped down within hours of the announcement because of a potential conflict of interest; he represents a former Liberal employee in another case.

The branch will take steps to appoint a new special prosecutor as soon as possible.

The allegations stem from a recent report from Information and Privacy Commissioner Elizabeth Denham into a number of Freedom of Information (FOI) requests that turned up no records at Premier Christy Clark's office and the ministries of transportation and advanced education.

Denham found political staff engaged in the practice of triple deleting emails (which removes correspondence not just from an employee's inbox but also from recovery drives so they no longer exist).

While investigating an incident regarding an FOI request about the Highway of Tears, Denham alleged that Ministry of Transportation ministerial assistant George Gretes not only deleted relevant emails from another staffer's computer but lied to her office under oath — prompting her to contact RCMP.

Gretes was suspended with pay and resigned once Denham's report was made public.

NDP opposition leader John Horgan — who accused the Liberal government of fostering a "culture of delete, delete, delete" — welcomed the news that a special prosecutor was to be appointed.

The Criminal Justice Branch will enlist a special prosecutor to provide legal advice to RCMP while investigating allegations that a B.C. government staffer lied to privacy commission investigators about deleted emails. THE CANADIAN PRESS FILE

"This takes it to another level. A special prosecutor does broaden the scope. The good news is (government) won't just be able to sweep it under the rug," said Horgan during a news conference before DelBigio pulled out. "We can't get access to information without RCMP, it's wrong and we need to do something about it."

Special prosecutors act independently of government, the Ministry of Justice and the Criminal Justice Branch.

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TRAGEDY

Two B.C. seniors, dogs killed as SUV slams golf cart in U.S.

Two British Columbia men have died after an SUV crashed into their golf cart at a mobile-home park in Thousand Palms, Calif.

Jenny Karran, from Kelowna, said that her 77-year-old husband Neil Karran and his 76-year-old friend Ron Little were killed instantly, along with Little's two dogs.

Karran says her husband left for California on Saturday to help his friend fix up a vacation home before it could be sold.

She says she's in shock, as are her two sons — one in Calgary and the other in Anahim Lake, B.C.

Karran says Little's wife Carol left for California on Thursday morning after getting a call from police about the deaths, while she has had to stay in B.C. to deal with a flood in her home.

A media report from California says a 32-year-old woman behind the wheel of an SUV was arrested for speeding and driving under the influence of drugs or alcohol. THE CANADIAN PRESS

DEATHS

77-year-old Neil Karran and 76-year-old Ron Little were killed instantly, along with Little's two dogs.

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Eliminating food waste would save municipalities money because less goes into the landfill, said Richmond Mayor Malcolm Brodie. COURTESY METRO VANCOUVER

Tax incentive to stop food waste

REGIONAL GOVERNMENT

Officials to vote on idea critics say won't work

Emily Jackson
Metro | Vancouver

Everyone agrees it's rotten that Canadians waste an estimated $31 billion of edible food every year — equivalent to 300 million meals — especially considering millions struggle to feed their families.

To try to solve part of the problem, the National Zero Waste Council is lobbying the federal government to give companies a tax incentive to donate unsold edible food instead of throwing it out.

Metro Vancouver's regional government is scheduled to vote next week on whether to advocate for the tax incentive at the federal level.

But some critics say a tax incentive isn't the best way to stop the waste and could hurt food banks, the very charities it's supposed to help.

"It quickly comes across as a win-win solution, but if you scratch below the surface it's too simplistic and creates a lot of other consequences," B.C. Food Systems Network director Brent Mansfield said.

Mansfield, whose organization is part of Tides Canada, believes a tax incentive could encourage corporations to dump food on food banks. If they can't handle the volume, the charities could be saddled with processing and disposal costs instead of the corporations.

He advocates for a broader solution that would encourage farmers to produce less, educate people not to waste food and lift people out of poverty so they can buy their own food.

He acknowledged these solutions could take a long time, but believes that creating the tax incentive as an interim step has too many potential consequences.

He has reached out to Richmond Mayor Malcolm Brodie, chair of the region's zero waste committee, in hopes to sway him from supporting the tax incentive.

Brodie recognizes the tax incentive won't solve everything, but he thinks it is unconscionable to see excess safe, edible food get thrown away.

"It is not the answer to every question about poverty reduction and food security, but it's certainly a good interim step," Brodie said. "It would be a big shame to let that food go to waste when it can be productively used, and used by those who really need it."

Municipalities save money because less goes into the landfill, companies such as restaurants and grocery stores save on disposal costs and people who need healthy produce can get access to it, he said.

Metro asked the Greater Vancouver Food Bank to weigh in on the proposal, but spokeswoman Ariela Friedmann said it is still reviewing the report.

"We do believe very strongly in people having access to healthy and nutritious food," Friedmann said.

> **If you scratch below the surface it's too simplistic and creates a lot of other consequences.**
> Brent Mansfield,
> B.C. Food Systems Network director

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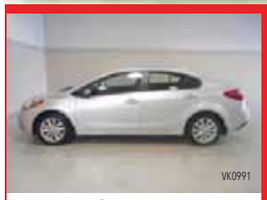
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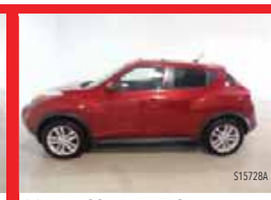
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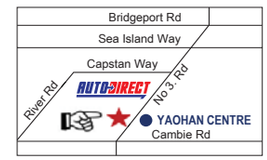

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A cross-country skier enjoys the **Nordic ski area at Manning Park.** COURTESY MANNING PARK

'Tis the season to make up ground

SKIING

Mother Nature gives resorts a helping hand after hard year

Matt Kieltyka
Metro | Vancouver

Ski season is here.

There is renewed optimism in Vancouver this weekend as ski-hill operators look to put a dreadful 2014/15 season behind them by opening early thanks to a generous dump of snow and co-operative weather in recent weeks.

Whistler kicked off its ski season on Thursday, and some of the local North Shore mountains aren't far behind.

Cypress Mountain — which already has more snow at its base than at any point last season — confirmed earlier this week that it is ready to open at 10 a.m. on Friday.

Crews anticipate having the Eagle Express quad chair open from top to bottom, along with its Easy Riders quad and skate park.

Grouse Mountain is also opening Friday, at 2 p.m., with its Paradise Bowl and Paradise Jib Park available at a discounted price.

"Mother Nature delivered over 50 centimetres of snow in the past week, and with cold temperatures continuing in the forecast, we'll be working hard to open up more terrain for skiing and riding soon," said Grouse Mountain operations manager Grant Wahl in a statement.

> **We'll be working hard to open up more terrain soon.**
> Grant Wahl

Manning Park Resort, east of Hope, is also opening its Nordic operations this weekend, starting Saturday.

Mount Seymour has yet to announce an opening date, but spokesman Simon Whitehead said things are looking good for an early opening this year.

"Our typical opening time is around mid-December," he said on Thursday. "Right now it's -2 degrees and there is a lot of snow. We're getting close (to opening) but we're not there yet."

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A rendering of Wow Westminster, a public art installation to be set up as part of the 2014-2016 Vancouver Biennale.
COURTESY VANCOUVER BIENNALE

An art installation with a 'wow' factor

WATERFRONT

Public display could become icon of the city, region: Curator

Emily Jackson
Metro | Vancouver

Four massive shipping containers cantilevered to look like a "W" will be installed along New Westminster's waterfront next week to create what organizers say could be the largest public art display in Canada.

Called "Wow Westminster," the sculpture by Brazilian artist José Resende is part of the 2014-2016 Vancouver Biennale, a non-profit that brings art into public spaces around Metro Vancouver.

It will be installed at Westminster Wharf Park on Monday when a barge carries the containers to the site and places them with a crane.

This 140-foot long, 34,000-pound installation will be the largest Biennale project — and that's saying something, considering the organization is responsible for the 24,000-square-foot mural called Giants on the Silos on Granville Island and the 35-foot Trans Am totem pole of stacked cars near the viaducts.

Vancouver Biennale senior curator Marcello Dantas describes the installation as a reflection of the economic activity along the Fraser River and the transformation of the city's waterfront into a recreational place for arts and culture.

Dantas anticipates it will become "an icon of the city and region for decades."

BIENNALE

The Vancouver Biennale is perhaps best known for bringing the A-maze-ing Laughter sculptures at English Bay, where tourists and locals alike pause to snap pictures of themselves mimicking the statues.

JIM PATTISON GROUP

Union asks feds to pull fishing licences

One of Canada's largest private-sector unions wants the federal government to revoke the Jim Pattison Group's commercial salmon-fishing licences over the closure of its cannery in Prince Rupert.

Unifor western director Joie Warnock said in a news release that the decision by the Pattison-owned Canadian Fishing Company will cost up to 500 jobs and virtually close the community's largest employer.

Warnock says fish caught in northern B.C. waters are a Canadian resource and should be processed locally.

But company spokesman Rob Morley called the union's job-loss estimate inaccurate and says about 330 people work regularly for the company and most will still process fish.

Morley says only a "tiny amount" of salmon the cannery processed this past summer was caught by company boats and most came from Alaska. Unifor represents more than 310,000 private-sector workers across Canada.

The Jim Pattison Group acquired the company, known as Canfisco, in 1984, and the company sells products globally. THE CANADIAN PRESS

IN BRIEF

Officials search for those responsible in debris flood

Provincial officials are searching for whoever may have caused a destructive debris flood in British Columbia's north Okanagan.

Dale Lake, east of Enderby, spilled its banks in May 2014, causing logs and mud to roar down Cooke Creek, damaging a bridge and power lines and destroying part of Mabel Lake Road. An investigation has found signs that the debris torrent was caused by someone who tampered with the culverts at Dale Lake, possibly to maintain the level of the lake for fishing or boating. Anyone with information is asked to come forward.
THE CANADIAN PRESS

Industrial site explosion leaves one man dead

One man is dead after an explosion at an industrial site near Pemberton. RCMP say they received reports of an explosion at a hydro project near Pebble Creek Hotsprings around 10 p.m. Wednesday. Sgt. Rob Knapton of Whistler RCMP says it happened when workers were handling explosives.

A 39-year-old man was killed at the site, and a second employee was taken to hospital with serious injuries. Police, the provincial explosives disposal unit, Worksafe and the BC Coroners Service are investigating.
THE CANADIAN PRESS

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ADDICTIONS

College defends methadone fee

Methadone-dispensing fees that are the focus of legal action in British Columbia must be charged to secure crucial support services for recovering addicts, says a doctor from Vancouver Island.

Dr. Jane Clelland said while the province pays for physicians and drugs, public money doesn't cover counselling, which she called necessary.

Counselling is also a service supported by the B.C. College of Physicians and Surgeons.

"They don't expect you just to see the patient, they expect you to provide a program," Clelland said in an interview about the medical-licensing and regulatory body.

"The clinic is supposed to help rehabilitate the person and get them a normal life and you're not going to do that only with methadone."

> **... If they just take away that money, then there's basically no way to run these programs.**
> Dr. Jane Clelland

The treatment program has come under scrutiny after a proposed class-action lawsuit was launched against the province over the $18.34 additional fee automatically taken from the cheques of addicts on income assistance.

The fee agreement referenced in court documents is $60, which is reduced by $41.66 through a government-provided Alcohol and Drug Supplement.

The remaining money is drawn from a client's monthly support allowance, according to documents filed this month in B.C. Supreme Court.

"I can see why this Pivot Legal Society thinks it's wrong to take money from these patients, and I agree," said Clelland. "But unless the whole system changes, if they just take away that money, then there's basically no way to run these programs."

Pivot is a legal advocacy group that works on behalf of marginalized groups.

The legal action was launched by representative plaintiff Laura Shaver, who is addicted to heroin. She said she signed a government-drafted agreement "unwillingly and under duress" to authorize the deduction of money from her welfare cheques.

Health Minister Terry Lake said the government is reviewing the way it delivers opioid-dependence services with an eye towards modernizing and improving the program.

He said the added fee was also under review but wouldn't say if it would be scrapped.

"Halfway through 2016 I think you will see significant changes in the way methadone and opioid addiction is treated in the province of British Columbia," said Lake.

There are 16,457 people in B.C. enrolled in the methadone-maintenance treatment program, and about two thirds of them receive income assistance.

THE CANADIAN PRESS

A rendering by Nick Milkovitch Architects of the proposed design for the north plaza of the Vancouver Art Gallery.
COURTESY CITY OF VANCOUVER

'Preeminent' plaza design plan unveiled

VANCOUVER ART GALLERY

More than $3 million set aside for new north plaza

Emily Jackson
Metro | Vancouver

The City of Vancouver has landed on a final design for the north plaza of the Vancouver Art Gallery, a space frequently used for protests, community events or simply a place to sit.

The design unveiled this week calls for paving the entire plaza to replace the mulch that previously covered the ground, lining it with trees, removing the fountain, removing the walls and gates, installing a pavilion-esque bus shelter on Howe Street and building a variety of seating.

Created by Nick Milkovitch Architects, it aims "to create Vancouver's preeminent and most compelling public square," according to the development permit.

And it certainly is much more simple than the design options presented to the public during consultation in fall 2013.

Absent from the final plans is a large ring hovering over the square — a feature touted by the city when the public was asked to choose between three potential designs two years ago.

"The ring was problematic, expensive, and not supported by a majority," according to the city's website. Nor was the proposed water feature popular, so the architects came up with a design that merged the three presented to the public. It focuses on openness, seating, trees and shelter.

The city has budgeted more than $3 million for the renovations. It has already started construction to fix the building's waterproofing underneath the plaza.

The plaza was home to the Olympic countdown clock, the Occupy protest and, in July, a controversial Cannabis Day event that led to arrests.

The city will hold an open house where people can view the final plan at UBC Robson Square on Nov. 26 between 5 and 8 p.m.

PREVIEW

The city will hold an open house where people can view the final plan at UBC Robson Square on Nov. 26 between 5 and 8 p.m.
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QM118	2015 MINI Cooper Convertible	White Silver	5,800	$38,180	**$36,180**
QM192	2015 MINI Cooper Convertible	Lightning Blue	3,021	$37,980	**$36,480**
QM193	2015 MINI Cooper Convertible	Chili Red	3,020	$39,520	**$38,020**
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PM249	2015 MINI Countryman S	Midnight Grey	7,601	$39,039	**$37,040**
PM290	2015 MINI Countryman S	Midnight Grey	3,765	$39,839	**$37,500**
PM198	2015 MINI Countyrman S	Jungle Green	3,474	$39,890	**$38,390**
QM008	2015 MINI Countryman S	Light White	5,500	$40,249	**$38,750**
QM008	2015 MINI Countryman S	Light White	5,500	$40,300	**$38,800**
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‘A part of you has been taken’

BICYCLE CRIME

Police stats show a 50 per cent increase since 2011

Thandi Fletcher
Metro | Vancouver

When Jinder Aujla spotted the empty bicycle rack, his stomach dropped.

Only a few hours earlier on Sept. 9, the Vancouver software developer had locked up his bicycle near the Terry Fox statue outside BC Place before heading in to watch a soccer game. Now, all that remained was his Kryptonite lock, still intact and locked on the rack, as if his bicycle had disappeared into thin air.

After realizing it had been stolen, the 39-year-old said he felt “gutted.”

“It sounds melodramatic, but most people who ride their bikes regularly will tell you they genuinely enjoy the experience and have a bond with their bike,” he told Metro. “It becomes an extension of you. You feel like a part of you has been taken.”

Aujla isn’t alone in his feeling.

Data compiled by Vancouver police and provided to Metro reveals that bicycle thefts are on the rise. Over the past four years, the number of reported bike thefts has increased by more than 50 per cent, from 1,528 in 2011 to 2,705 as of Oct. 26 this year.

Near BC Place, where Aujla’s bike was taken, 46 bikes were reported stolen in the 700-block of Pacific Boulevard between 2013 and 2015.

It’s one of 10 hot-spot areas for bike thefts.

Granville Island tops the list, according to the data, with a total of 129 bikes reported stolen there from two hot spots between 2013 and 2015.

The data doesn’t surprise Brooke McDonald.

A recent Emily Carr University graduate, McDonald had her bike stolen eight months ago while it was locked up outside the art school on Granville Island.

“I was irritated but I wasn’t surprised,” she said. “I’ve heard of other students having their bike stolen on Granville Island at school.”

Const. Brian Montague, spokesman for the Vancouver Police Department, acknowledged that bike theft is a significant problem in the city.

However, he said part of the large increase in bike thefts in recent years might not necessarily mean thefts are on the rise but that more people are reporting.

Although police recover more than 1,000 bikes every year, the vast majority of bikes can’t be reunited with their owners because either the theft or serial number were not reported.

Fortunately for Aujla, he was able to get his bike back a month later. A woman who noticed the bike abandoned in an alley behind her home contacted Aujla, who had posted a description on Craigslist reporting it as stolen.

Aujla said he has “sympathy for the police” trying to combat the problem alone.

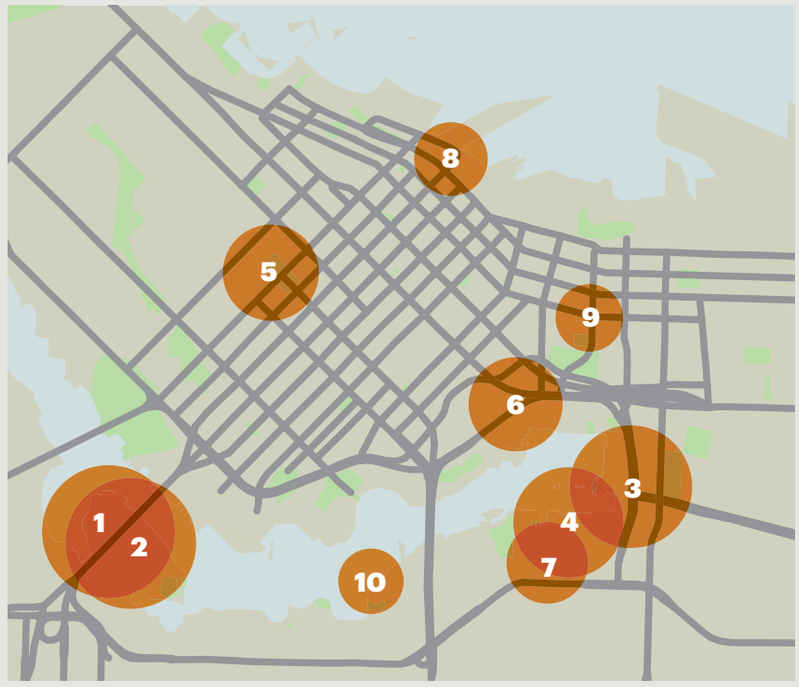
He said he believes bike thefts could be significantly reduced if the public worked together and urged anyone buying a bike on websites like Craigslist to try to determine if a bike could be stolen before agreeing to buy it.

That would drive down demand, he said, which could reduce thefts.

“If there’s no one to buy the bike, no one’s going to steal it,” he said.

> **It sounds melodramatic, but most people who ride their bikes regularly will tell you... they have a bond with their bike.**
> Jinder Aujla

Top 10 bike theft hot spots since 2013



1. **65** at 1600 Johnston Street
2. **64** at 1400 Anderson Street
3. **60** at 1400 Quebec Street
4. **54** at 0 Athletes Way
5. **47** at 900 Burrard Street
6. **46** at 700 Pacific Boulevard
7. **40** at 100 W 1st Avenue
8. **36** at 1000 Canada Place
9. **33** at 0 W Pender Street
10. **32** at 600 Stamps Landing

Software developer Jinder Aujla had his bike stolen on Sept. 9 outside BC Place, one of the top hot-spot areas for bike thefts in Vancouver since 2013.

JENNIFER GAUTHIER/METRO

Brooke McDonald, a recent graduate of the Emily Carr University of Art + Design, had her bike stolen outside the school on Granville Island eight months ago. She isn't surprised by data compiled by Vancouver police that reveal Granville Island is the No. 1 hot spot for bike thefts in the city.

JENNIFER GAUTHIER/METRO

Data courtesy Vancouver police

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TAKING ACTION

Putting the brakes on bike theft

In an effort to combat the growing problem of bike thefts, the Vancouver Police Department has launched several campaigns to encourage people to report bike thefts and record their bike’s serial number.

Last month, Vancouver became the first city in the world to sign up for Project 529, an online bike registry created by former Microsoft executive J Allard.

The software allows cyclists to register photos and serial numbers of their bikes in five minutes using a smartphone. If their bike is stolen, an alert is sent out to nearby users and police to keep their eyes peeled. A hard-to-remove yellow and black decal is affixed to participating bikes to act as a deterrent to thieves.

Over the summer, community police officers also operated a bike valet on Granville Island, which police said reduced bike thefts to almost zero while it was running.

Vancouver police also use bait bikes to catch would-be thieves. Officers carried out a bait-bike blitz, arresting four alleged bike thieves in four days.

Const. Brian Montague noted that one bike thief is often responsible for many crimes, so the arrests could help reduce crime significantly until they are released.

“It’s fair to say that at any given time, there’s always a possibility for one or more bait bikes to be deployed throughout the city,” he said. “Hopefully the bad guys will start paying attention.” THANDI FLETCHER/METRO, WITH FILES FROM EMILY JACKSON

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CIGARETTES

Cancer Society fears squeezable filters will hook youngsters

One of Canada's largest tobacco companies has introduced a new type of menthol cigarette the Canadian Cancer Society worries could get more teens and young adults hooked on smoking.

The cigarettes, sold by Rothmans Benson & Hedges Inc., contain a capsule of liquid menthol inside their filters, which a smoker can squeeze to get a burst of flavour while taking a puff.

Four brands of the smokes are being sold in parts of Canada for the first time, although squeezable menthol filters have been available in other countries for years, said Rob Cunningham, a senior policy analyst at the Canadian Cancer Society.

"And we're concerned that this is a new gimmick that will be attractive to kids, that will contribute to experimentation and addiction," he said, explaining menthol can soothe the throat and soften the harshness of tobacco smoke.

"This seems like a last-ditch effort by the company to sell menthol before legislative bans come into force."

Alberta and Nova Scotia have already banned the sale of menthol and other flavoured tobacco products, and Ontario, Quebec and New Brunswick are expected to have similar legislation in place next year.

> **The sooner the menthol bans come into force the better.**
> Rob Cunningham, senior policy analyst

A spokesperson for Rothmans Benson & Hedges wrote in an email Wednesday, "all of RBH's products ... are fully compliant with federal and provincial tobacco control regulations."

"All tobacco products in Canada contain large graphic health warnings, are not visible at point of sale and require age verification for purchase. Our products are not marketed, or made for sale, to anyone under the legal age, and we support strong legislation to ensure minors cannot purchase tobacco products," the spokesperson wrote.

The Cancer Society wants the federal and provincial-territorial governments to take action to rid the entire Canadian market of menthol as well as other flavour-enhanced tobacco products.

THE CANADIAN PRESS

"Look at the power of the cigarette... Remember this face and that smoking killed me."
Barb Tarbox died at 42 of lung cancer caused by cigarettes.
WARNING
Tobacco smoke hurts everyone.
WARNING
Your kids are sick of your smoking.
CANADIAN
NEXT

Cigarettes with a new squeezable menthol capsule inside the filter. NATHAN DENETTE/THE CANADIAN PRESS

Sen. Mike Duffy makes his way to the courthouse as his trial resumes in Ottawa on Thursday. ADRIAN WYLD/THE CANADIAN PRESS

Duffy friend takes stand

IN COURT

Contracts and payouts discussed at senator's trial

Gerald Donohue wasn't a professional speechwriter or researcher, didn't have any particular public policy background and wasn't the employee or officer of any company.

But over the span of three years, the longtime friend of Sen. Mike Duffy took in roughly $65,000 in taxpayer money for a variety of contracts, directing the money through a firm owned by his wife and son.

He also signed several cheques on behalf of the firm to other individuals and companies that Duffy wanted paid for Senate work — an intern, a makeup artist, speechwriters.

Donohue's testimony Thursday marked the winding down of the Crown's fraud, breach of trust and bribery case against Duffy. The senator has pleaded not guilty to all 31 counts.

The Crown alleges the $65,000 in contracts awarded to Donohue was used as a slush fund for Duffy to pay for services that wouldn't pass muster with the Senate.

By video link from his home in an Ottawa suburb, the witness answered prosecutor Mark Holmes' questions about his relationship with Duffy. The two met in the late 1980s at local Ottawa TV station CJOH — Donohue was a human resources manager, Duffy a host.

Over the years, the two men kept up a friendship of sorts. Donohue was a sounding board for Duffy, who would call to talk to him about a variety of issues.

After Duffy entered the Senate, Donohue said Duffy continued to pick his brain — this time for pay. He was asked to research the aging population, which he did on the Internet, or to come up with ideas for a speech on why Duffy was a Conservative.

$65K

Amount of the contracts awarded to Sen. Mike Duffy's friend Gerald Donohue over three years.

Donohue conceded that he signed cheques to other Duffy service providers, even though he had no signing authority at the firm. He also revealed that those cheques were written off by the family companies, first called Maple Ridge Media and then Ottawa ICF.

Donohue said he got upset with the Senate administrators in 2012 when they refused to stop sending cheques to him personally, rather than to the firms.

Duffy's lawyer Donald Bayne has emphasized during the months of court proceedings that while the payment system was unorthodox, it wasn't criminal. Duffy didn't receive any kickbacks and nothing was deliberately kept secret.

THE CANADIAN PRESS

FAITH

Hijab Day targets misconceptions

Members of Halifax's Muslim community are confronting misconceptions about their faith by holding an information session about the hijab this weekend.

Anyone who stops by the Halifax Central Library for Hijab Day on Saturday will be invited to try one on.

Abdelkader Tayebi, imam for the Ummah Mosque in Halifax, says he hopes the first-person experience will help people better understand those who wear the hijab, which covers the head and neck but not the face.

"It's no longer something that is related to a minority or a couple of people, so it has surfaced as a matter of concern to Canadians," he said. "It's being seen as something imported from outside, from the Middle East, whereas it is now a Canadian thing."

Tayebi says there are many mistaken ideas surrounding the hijab, including the notion that men are forcing women to wear them. THE CANADIAN PRESS

CELEBRITY

Trudeau making fans swoon abroad

Justin Trudeau was mobbed by a crowd of several hundred shrieking fans at the APEC summit in Manila, Philippines, in a scene more fitting a rock star than a political leader.

The celebrity appeal of Canada's new prime minister was on full display Thursday as men and women crowded around Trudeau, hoping for a glimpse, a handshake and a snippet of video on their phones.

"He so handsome," said one young fan. "He's like Superman," said another.

His appeal to local residents appeared to have little to do with his policies or his famous father — they just like his looks.

"He makes us swoon," said Chin-Chin Domingo, who used the Tagalog word "kilig" to describe Trudeau's effects on the crowd. "It's butterflies in the stomach. That's how we feel."

Jono Lyn Cadayong was exuberant after getting a handshake from Trudeau. "I'm speechless. He has nice eyes. I will not wash my hand."

TORSTAR NEWS SERVICE

SYRIAN REFUGEES

Resettlement plan will cost Canada $1.2 billion

The cost of the Liberal government's plan to resettle 25,000 Syrian refugees has been pegged at $1.2 billion over the next six years.

A government document that lays out the proposed funding model says $876.7 million would be needed in 2015-2016 alone. Some of that will be covered this year by $16.6 million announced by the previous Conservative government during the election and $100 million coming out of an existing pool of funds to respond to international crises.

The document says $1.1 billion in new money will be required between now and 2021. THE CANADIAN PRESS

Syrian refugees gather outside their embassy waiting to apply for passports or to renew their old ones in Amman, Jordan, in September. Some of them may be among the 25,000 people resettled in Canada. RAAD ADAYLEH/THE ASSOCIATED PRESS

Government hunts for winter housing

REFUGEES

Notice seeks temporary sites for 500 to 3,000 people

The federal government is searching for temporary winter housing for thousands of people across Canada days before the expected unveiling of its plan to bring in 25,000 Syrian refugees by year's end.

Public Works and Government Services is establishing a list of facilities that can provide winterized housing at various sites across Canada.

The sites will have to accommodate between 500 and 3,000 people for as long as three months, according to a notice posted Thursday morning.

"The Government of Canada is seeking interested companies that have the capacity, capability and availability to provide leasing, management and servicing of temporary winterized lodgings for groups of 500-3,000 people by early December 2015 at sites to be confirmed," the notice reads.

It's not yet known if the request is specific to the needs of the expected refugees. The Public Works employee responsible for the notice refused to comment.

But the notice states the government requires lodging for both individuals and large families for up to three months, beginning next month. The timing and the requirements strongly suggest a temporary refuge for people fleeing Syria's bloody civil war.

The sites must be completely self-contained, including energy generation, sewer, and waste management, and provide space for an information centre and offices for management personnel, among other requirements.

TORSTAR NEWS SERVICE

PREPARATION

Saskatchewan to set up settlement centre

Days after Saskatchewan Premier Brad Wall said Ottawa should suspend its plan to bring in 25,000 Syrian refugees, his province will establish a refugee settlement centre to co-ordinate the arrival of refugees.

The premier says it's important to ensure that refugees make a successful transition to life in Canada.

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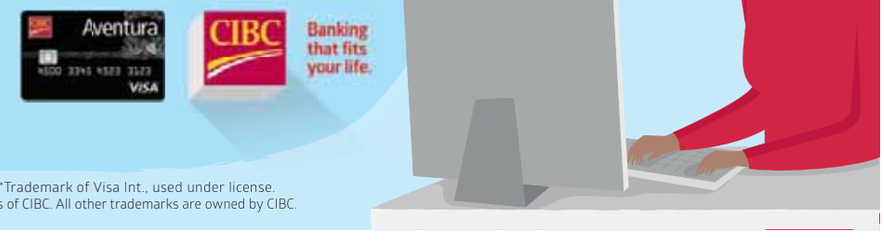

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TERRORISM

Female suicide bombers exist, too

The woman who blew herself up with an explosive vest in a suburban Paris apartment during a police operation Wednesday was far from the world's first female suicide bomber.

In the Palestinian territories, about a dozen women have carried out suicide attacks against Israelis since 2002 — including 27-year-old paramedic Wafa Idris, who blew herself up in downtown Jerusalem on Jan. 27, 2002. It was unclear if she planned to commit suicide.

Kurdish women have carried out several suicide attacks in Turkey since the 1980s, as have female members of leftist groups in their campaign against the government. The most recent attack occurred on Jan. 6, when a Turkish leftist group claimed responsibility for a suicide bombing at an Istanbul police station that killed an officer and wounded another.

Two female suicide bombers from Chechnya — belonging to a group known as the "black widows" in Russia — were to blame for the 2010 bombings of the Moscow metro, which killed some 40 people.

THE ASSOCIATED PRESS

Iranian students fill in registration forms indicating their **readiness to carry out suicide attacks.**

THE ASSOCIATED PRESS FILE

French gendarmes enforce the **Vigipirate plan**, France's national security alert system, throughout Paris. France revealed on Nov. 19 it will spend an extra 600 million euros ($641 million US) next year to ramp up security after the Paris attacks. President Francois Hollande announced this week that France is freezing plans to cut troop numbers through 2019. At the same time, the country will add 8,500 law enforcement jobs including 5,000 new police. AFP/GETTY IMAGES

Opera brings warmth to France's dark hour

Paris

Canada-based performers set for opening of Versailles show

Marco Chown Oved
IN PARIS

Barely 48 hours after the horrifying attacks in Paris, members of Toronto's Tafelmusik Baroque Orchestra and Opera Atelier dance company faced a very difficult choice.

Their presentation of Jean-Baptiste Lully's 17th-century opera, Armide, was scheduled to go forward at the Chateau de Versailles just outside Paris, but the companies weren't going to force anyone to get on the plane.

Overcoming their fears, in a show of solidarity, and as a measure of their professionalism, every single one of the 75 musicians, dancers and technicians boarded that flight.

"When we started hearing the news, it was panic in the early hours, the borders are closed and a state of emergency. Everyone was concerned," said ballet dancer Jennifer Nichols.

> **"I think everyone, unanimously ... said we're doing this together.**
> Ballet dancer Jennifer Nichols

"But once we heard that the company was moving forward with the tour, ... we wanted to be in solidarity with the French people."

"There was a lot of trepidation," agreed Lucas Harris, who plays a type of lute called a theorbo. "But everyone else was going and we didn't want to let them down."

Harris and his wife, Geneviève Gilardeau, who plays violin in the orchestra, went one step further than most of their colleagues: they also brought their four-year-old daughter, Daphnée.

"All the extra security makes us a little uncomfortable," said Harris. But in the week of rehearsals since their arrival, they haven't regretted the choice.

The Toronto performers are now ready for opening night Friday, a performance that's being dedicated to the victims at the Bataclan concert hall.

IN BRIEF

Saudis attempting to unite Syrian opposition

Saudi Arabia will host a conference in mid-December to try to unite the Syrian opposition ahead of new peace talks, a key issue in efforts to end the nearly five-year civil war, the country's UN ambassador said Thursday.

Saudi Ambassador Abdallah Al-Moualimi said his country will be trying to bring different strands of the opposition "together for a united voice."

Last Saturday, foreign ministers from about 20 nations agreed in Vienna to an ambitious yet incomplete plan that sets a Jan. 1 deadline for the start of negotiations between Syrian President Bashar Assad's government and opposition groups.

THE ASSOCIATED PRESS

Syrian President Bashar Assad GETTY IMAGES

ISIL striving for reactions

ISIL has dramatically expanded its theatre of operations from its hub in Syria and Iraq, executing or inspiring a series of attacks across three continents that claimed more than 800 lives this year.

The mayhem created by those attacks attracts the kind of attention that the extremist group thrives on. ISIL, which has recently lost territory to U.S.-backed forces in Syria and Iraq, seeks to boost its credentials with acts of violence that attract recruits. THE ASSOCIATED PRESS

INTELLIGENCE

Chemical weapons may threaten West

The Islamic State of Iraq and the Levant (ISIL) group is aggressively pursuing development of chemical weapons, setting up a branch dedicated to research and experiments with the help of scientists from Iraq, Syria and elsewhere in the region, according to Iraqi and U.S. intelligence officials.

Their quest raises an alarming scenario for the West, given the determination to strike major cities that the group showed with its bloody attack last week in Paris. U.S. intelligence officials don't believe ISIL has the capability to develop sophisticated weapons like nerve gas that are most suited for a terrorist attack on a civilian target. So far the group has used mustard gas on the battlefield in Iraq and Syria.

Still, French Prime Minister Manuel Valls on Thursday warned that Islamic extremists might at some point use chemical or biological weapons.

"Terrorism hit France not because of what it is doing in Iraq and Syria ... but for what it is," Valls told the lower house of Parliament.

> **They now have complete freedom to select locations for their labs and production sites.**
> Iraqi intelligence official

Iraqi officials expressed concern that the large safe haven the extremists control since overrunning parts of Iraq and Syria last year has left Iraqi authorities largely in the dark over the ISIL program.

"They now have complete freedom to select locations for their labs and production sites and have a wide range of experts, both civilians and military, to aid them," a senior Iraqi intelligence official said.

So far, the only overt sign of the group's chemical weapons program has been the apparent use of mustard gas against Iraqi Kurdish fighters and in Syria. THE ASSOCIATED PRESS

U.S.-MEXICO BORDER

Eight Syrian refugees turn themselves in

Eight Syrian refugees turned themselves in to immigration authorities along the U.S.-Mexico border this week, officials said Thursday.

Their arrival and uncertainty about their future in the United States comes at a time of political upheaval over Syrian refugees following the deadly Paris attacks.

Two families — two men, two women and four children — presented themselves Tuesday at the port of entry of the west Texas city of Laredo, the Department of Homeland Security said in a release.

The men were taken to a U.S. Immigration and Customs Enforcement detention centre in Pearsall, and the women and children to one in Dilley.

Republican presidential candidate Donald Trump followed suit Thursday with a tweet about the incident: "ISIS, Maybe? I told you so. WE NEED A BIG & BEAUTIFUL WALL."

THE ASSOCIATED PRESS

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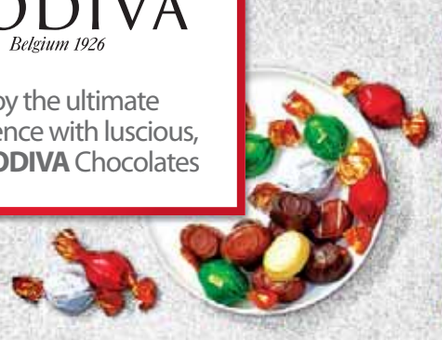

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Pay gap still wide: Study

WORLD ECONOMIC FORUM

Report ranks Canada 30th out of 145 nations

Women around the world will earn less than men for the next 118 years if present trends in pay inequity persist, the World Economic Forum predicts.

The global pay gap between men and women closed by a mere 3 per cent over the past decade, stalling after 2009/2010, says the forum's Global Gender Gap report.

The slow progress means women are only now earning what men earned nearly a decade ago, $11,000 on average, the first year the Geneva-based non-profit foundation began tracking the data. Meanwhile, men's average pay has nearly doubled to $21,000 worldwide.

As the global economy becomes increasingly automated, "we need to create a world where women's contributions and ideals are as valued as those of men," said Klaus Schwab, founder and executive chairman of the forum, best known for its annual meeting of global leaders in Davos, Switzerland.

The report, which also looks at women's progress in education, health and political empowerment, found Canada ranked 30th out of the 145 nations surveyed.

Around the world, the Nordic nations remain the most gender-equal societies, led by Iceland, Norway and Finland, ranking first, second and third, the World Economic Forum said. The least equitable are Syria, Pakistan and Yemen.

One seemingly counter-intuitive ranking went to the African nation of Rwanda, which came in 6th. Much of it is due to the Rwanda genocide of 1994, which devastated the male population, leaving women to run the country.

TORSTAR NEWS SERVICE, WITH FILES FROM THE CANADIAN PRESS

NOW THAT'S SOME BLING SECOND-LARGEST DIAMOND FOUND Vancouver-based mining company Lucara Diamond Corp. says it has unearthed the second-largest gem-quality diamond ever, and the largest discovered in over a century, at its Karowe Mine in Botswana. The 1,111-carat diamond, pictured above, measures 65 millimetres by 56 mm by 40 mm — a rock weighing half a pound that's a little smaller than a tennis ball. Only the Cullinan diamond, weighing 3,106 carats — close to 1½ pounds — and measuring over 10 centimetres in length, beats the diamond found by Lucara. COURTESY LUCARA DIAMOND CORP/THE CANADIAN PRESS

Trudeau makes his mark

Canada's new prime minister departed Thursday from the Asia-Pacific Economic Cooperation summit in Manila, closing his first act on the international stage — trailed by a squealing mob of young Filipino journalists and volunteers and questions about whether any of it might be good for his broader foreign-policy goals.

One of the things Justin Trudeau talked about a lot was the need to put Canada on the front lines of the fight against climate change. That won him plaudits from U.S. President Barack Obama. But Obama put the squeeze on Trudeau. The president said that the U.S. and Canada are "both soon to be signatories" to the Trans-Pacific Partnership. Trudeau has said he wants to consult with Canadians and Parliament before moving forward on the pact.

THE CANADIAN PRESS

IN BRIEF

Drought hits red lattes

From frothy red lattes to rust-coloured teas, popular rooibos drinks will likely become scarcer and more expensive because of a widespread drought in South Africa, including in scrubland where the rooibos plant normally flourishes. A devastated rooibos harvest may lead to a 90 per cent price increase, a trade council said on Thursday. Farmers will only know the extent of their losses in 2016 when the volume of the final harvest is known, said a council spokesman.

THE ASSOCIATED PRESS

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ROSEMARY WESTWOOD

You can't help but want a towering figure in feminism like Gloria Steinem to have the best chat of her life, chatting with you. But damn, are you lucky that she's chatting to you at all.

I think I screwed up with Gloria Steinem. She was great. She was (is) interesting, and thoughtful and kind. Also: At ease.

But I was trying far too hard. Maybe it was over-reading all things by and for her, or marking her new book My Life on the Road, using "sign here" stickies at my favourite parts, as if I'd have time to touch on them all, worrying how to ask questions she'd never heard before.

Of course, Steinem doesn't need any interviewer to be interesting.

I began by thanking her for her decades of activism.

"Well, you know, I feel the same thankfulness to all the people who woke me up," she said. "It's like a chain, and it just goes on and on, which is the good news."

Many of the people who "woke her up" are detailed in her memoir, a personal history of second-wave feminism from the vanguard, a meditation on the act of listening, a book rich with characters she meets on the road, in planes, taxis and trains, in India, the U.S. and Canada. They teach her and buoy her and offer her hope, and I asked if we all need to travel to get that feeling of optimism.

But she said the road can be a state of mind: "When you leave your house in the morning, just being open to accident makes a big difference. Take those moments in the elevator, when nobody's talking but everybody's thinking the same thing, or whatever the immediate spontaneous moment is, and going with it to see what happens."

GLORIA'S GLAMOUR It's impossible not to get star-struck around feminist leader Gloria Steinem, writes Rosemary Westwood of their wide-ranging conversation. GETTY IMAGES

You might, like Steinem, discover your garbage man is your best political adviser.

I told her I see schisms among feminists by race, and she pointed to how the media and some scholars put the social-justice movement into silos, when "What's missing is the understanding of organic connections. It's not possible in any practical way, much less idealistic way, to be a feminist without being anti-racist," she said. Women suffer from both categories, and "in an even deeper way you can't perpetuate race or caste, as in India, or class, without controlling reproduction."

But are we — young feminists — doing enough to listen to each other, and be broad-minded?

No one's all that great at it, she said with a little laugh.

"I think young women are by and large better at it than older ones, because they're more conscious of the connections, because they've grown up with more connections."

"Racism is a prison for white folks who are culturally deprived," she added. "You have to get mad on your own behalf: 'How dare this society tell me who my friends are and where I live?' I think you become a more trustworthy ally when you see your own enlightened self-interest in it."

What most concerns her right now, she said, is global violence against women: Infanticides that led to a planet with more men than women, underage pregnancy causing teenage death, sexualized violence and domestic violence.

And she argued that the issue of violence against women should play a central role in foreign policy, too.

If western governments want to separate moderate groups from extremists to find allies in Syria, "the most reliable way of deciding that is attitudes toward women. If we had taken that seriously, we would not have aided the mujahideen, who turned into the Taliban in Afghanistan, for instance."

The only politician advocating that strategy, she said, is Hillary Clinton. Steinem writes in her book that the U.S. wasn't ready to have a woman head of state in 2008 because we, and especially men, "feel regressed to childhood when we see powerful women."

And now?

"I'm not sure." Maybe Clinton's own time as secretary of state has helped, she said, but it will be a "very tough campaign."

At one point, Steinem painted an image of the future that answered my worries that things can't change: "If we raised one generation of children without violence and without shaming and labels and, you know, race, gender roles and so on, we don't know what might be possible."

When I hung up, my mind created an alternate interview: I laughed when she laughed, instead of being too nervous, pleasantness gave way to firecrackers. You can't help but want a towering figure in feminism like Steinem to have the best chat of her life, chatting with you. But damn, are you lucky that she's chatting to you at all.

It's not possible in any practical way, much less idealistic way, to be a feminist without being anti-racist.
Gloria Steinem

THE BIG THING: POLITICS & PERSONAL SPACE

He's the Prime Minister of PDA. But are Justin Trudeau's touchy-feely tendencies a weird habit or a successful strategy?

Trudeau gets up close and personal with the U.S. president, bear-hugs premiers and soundly smooches his wife without apparent hesitation. Not to mention his habit of snuggly selfies with members of the public. But does it work?

Many Canadians enjoy getting hugs, even if they're too shy to give them in public, said University of Victoria psychology professor Robert Gifford, an

expert on personal space. "I would hazard a guess that (Trudeau's body language) works with many people, and in general is a good strategy, whether intended as a strategy or not," Gifford said.

The distance we prefer between ourselves and others varies by culture: People in the Middle East or Latin America, for example, tend to get a bit cosier than Europeans or Americans.

Etiquette expert Debby Mayne recommends a personal bubble of 120 centimetres between strangers, while one group of psychologists looking at norms of personal space used a benchmark of 64 centimetres for everyday conversation. (Violating this could indicate an autism spectrum disorder or a specific type of brain damage — no sign that applies to Trudeau).

Outside of intimate relationships, a distance of less than 45 centimetres typically makes North Americans nervous, "cross-eyed" and instinctively want to move away, according to the anthropology text The Hidden Dimension.

So, yes, Trudeau's in-your-face style "goes against the classical Canadian behaviour pattern," Gifford said. But that's not necessarily a bad thing: "Maybe we all need to hug a bit more."

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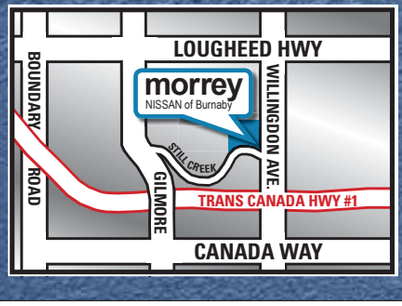

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JLaw is living up to the hype

CELEBRITY

Industry seeks next big thing, finds star with staying power

Richard Crouse
For Metro Canada

Jennifer Lawrence in a scene from Joy (left), by director David O. Russell, and Academy Award nominated Winter's Bone (right). HANDOUTS

Sometimes you just know.

In my line of work, hype and celebrity are occupational hazards. Every day my inbox is stuffed with news releases touting the Next! Big! Thing! You get numb to it after a while, but every now and again someone will come along you know is destined for something big.

Jennifer Lawrence wasn't a star the first time I met her but you could tell it would only be a matter of time until she was. It was 2010, years before she would win an Academy Award or be known internationally as Katniss Everdeen. She was a struggling newbie with just a handful of credits, but a great big buzz surrounding her performance in Winter's Bone. Her steely but vulnerable take on an Ozark girl who will do anything to keep her family together was garnering good reviews and the usual phrases like "breakout performance" were being thrown around, but this time it felt different. Real.

I was asked to host a question-and-answer period with her after a screening of the film at a theatre in Toronto, but first we planned a quick dinner with a publicist at a nearby hotel. I've eaten with a lot actors who order a piece of steamed fish, no butter, no oil and then, rather than actually put it in their mouth, simply move it around the plate until the waiter takes it away.

Not Jennifer Lawrence. She ordered a steak dinner with sides and ate it all while showing us a cell phone snap of her costume for the Girl with the Dragon Tattoo audition. As she chatted, laughed and enjoyed dinner, it was apparent what she wasn't. She wasn't precious or overwhelmed at being on the cusp of something big. She was doing something rare in this business — being herself and enjoying the ride. In other words the woman you now see photobombing Taylor Swift on red carpets or starring in this weekend's The Hunger Games: Mockingjay Part 2 is the real deal, someone completely at ease with herself in a business that doesn't usually allow for that.

Later, on the way to the theatre, she opted not to take the provided limo. Instead we walked down Bloor Street. It was on the chilly side, so she draped my suit jacket over her shoulders. Along the way her high heel caught in a crack in the pavement and snapped off. Rather than hobble down the street, she kicked off both shoes and walked barefoot the rest of the way, her broken designer shoes in hand.

At the theatre I don't remember what we talked about on stage. When I think back on the night I reflect on the sweet spot she was in, career-wise. She was about to become one of the youngest Oscar nominees ever for best actress in a leading role and yet there wasn't an ounce of pretension about her. Charisma? Yes. Talent? In spades.

I don't claim to have some sort of celebrity ESP, but that night I knew in my gut I had met a star, a feeling reaffirmed when I saw her carry the Hunger Games movies on her back and become a leading voice in the fight for pay equality for women in Hollywood.

Want to see a superstar? Watch the last scene of the Joy trailer. Shot on an iPhone as test footage it's a close-up of Lawrence's face as she fires off two shotgun rounds. "My name's Joy, by the way," she says. It's a simple image but a magnetic one. It's a movie star moment from the rare actor who commands our attention every time she's on screen. Sometimes you just know.

MOVIE RATINGS by Richard Crouse

The Hunger Games: Mockingjay Part 2	★★★★
Brooklyn	★★★★
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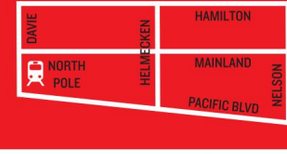

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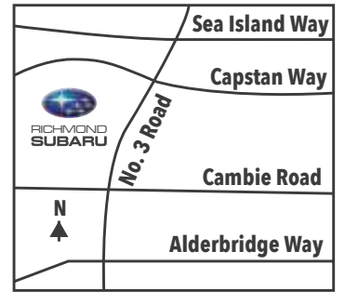

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When all your friends grow up

INTERVIEW

Jonathan Levine talks The Night Before

Matt Prigge
Metro | New York

The last time director Jonathan Levine made a movie with Joseph Gordon-Levitt and Seth Rogen, it was 50/50, a dramedy about cancer.

The Night Before is more lighthearted — sort of. It follows three friends (the other played by Anthony Mackie) doing their annual tradition of having a sloppy night in NYC on Christmas Eve. But this time the characters played by Rogen and Mackie feel they're too old and settled down to ever do it again, leaving Gordon-Levitt as the last hold-out. It's that anxiety that made Levine — who also made The Wackness and Warm Bodies — comfortable doing his first full-on comedy.

Seth Rogen and Anthony Mackie feel too old for getting sloppy on Christmas Eve anymore, but Joseph Gordon-Levitt is still game in The Night Before. HANDOUT

This is your second film with Seth Rogen, after 50/50. How did you two first meet?
On 50/50, there was another filmmaker who dropped out a couple months before. I was one of five people up for the gig. For whatever reason they liked me. I think it was because I made The Wackness and they thought I would smoke weed with them. (Laughs) But it was also because I spoke relatively intelligently about the material.

I've read you two have helped each other out on projects — that he helped look at Warm Bodies and you looked at This is the End.
Yeah, but it wasn't in any specific way. Seth and Evan continuously have people come in and look at their stuff. If I'm looking at This is the End, I'm one of 50 people who are looking at it. On Warm Bodies I definitely used that. The first time was on 50/50, where we thought we needed to have smart people look at it and tell us what's good and what's bad. Seth was one of those people. It's a culture of rigorous note-giving and improving the work.

You've done dramas or romances that were funny before, but you've never really made a full-on comedy.
It was a change of pace. And it certainly wouldn't have worked for me if at its heart there wasn't an undercurrent of drama. Having it fundamentally revolve around issues of friendship and getting older, that me more comfortable executing the comedy. I loved doing something whose primary goal was to make people laugh. You feel like you're throwing a party and your only goal is to make everyone has as much fun as possible.

Your sets sound very loose. You're not like Sam Peckinpah, drunkenly screaming at people.
No one screams at anybody. Well, I probably screamed on occasion. But generally everyone can bring their friend, everyone can brings their mom, everyone's welcome. When there's a very serious scene, of course it's not like that. It's very subdued. But if you were to see it, it would look like we're having fun.

Despite all the crazy things that happen in the film, it is rooted in a serious concern. Joseph Gordon-Levitt's Ethan hasn't gotten his stuff together, while his closest friends have, causing a disconnect.
When we were writing it, every single person had someone in mind who was that person in their life. We talked about why that person was not succeeding. There were many reasons. For a lot of us, the reason we've succeeded is talent, but also a lot of luck, so it's s—y to look at the friend who hasn't been so lucky. But the truth is a lot of it is luck. We settled on giving (Ethan) a trauma he's never been able to move past. That happens to a lot of people, whether it's someone who got stuck in a job for too long and looked up one day and his friends were more successful than him or her, or someone just got knocked down and took too long getting back up.

How conscious were you of playing with holiday movie conventions?
I imagined it as a Christmas movie for people who didn't celebrate traditional Christmases, whether because you're Jewish or from another non-Christian religion or your parents are divorced or you hate your parents. There are lot of people who feel left out of the traditional Christmas. I would go out in New York do stuff like this on Christmas Eve. There were a lot of Christian people, there were a lot of Jews. It was all people who had a reason for not celebrating the traditional Christmas. It's nice because Christmas is an oppressive, monolithic thing.

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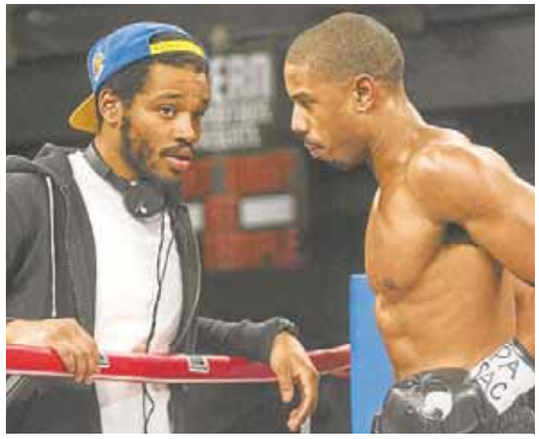
Rocky returns for a new generation

CREED

How a director convinced Stallone to revisit franchise

Richard Crouse
For Metro Canada



Director Ryan Coogler, left, talks to Michael B. Jordan who stars as Adonis Creed in Creed, which opens next Wednesday. Jordan says he's always looked at himself as an underdog and had to defeat odds to get what he wanted. HANDOUT

Like a lot of people director Ryan Coogler has a personal connection to the Rocky movies. "Whenever I had a big test at school or a football game (my father would) say, 'Take 10 minutes and watch this scene from Rocky. That'll get you fired up. That'll give you the juice to score five touchdowns. Or get an A on that test.' I'd look over and think, 'Are we watching this for me or for you?'"

It's one thing to have the emotional connection; it's another to convince Sylvester Stallone to make a seventh Rocky movie.

"I think the most important thing was that this movie was following a different character's arc," said Coogler.

"Rocky is there in a role that's very important to the film but very much supports this other character's journey to find themselves. That was important because no matter how good the idea was he wasn't going to make another Rocky movie."

The result is Creed, the evolution of a story that began in 1976, 10 years before Coogler was born. Michael B. Jordan is Adonis Creed, the son of Apollo Creed, Rocky's old friend who died in the ring at the hands of Ivan Drago.

Born after his father's death, Adonis never knew his dad but seems to have inherited the old man's love of boxing and much of his skill, but can Rocky whip him into shape for a title match? Cue the underdog theatrics and signature swelling trumpet score.

"Creed is about a sense of identity," said Coogler, "which is what I think the first Rocky was but the other themes are what make this fresh. What happens to someone dealing with an absentee father? What does love look like in the millennial generation when women are just as career oriented as men, or are expected to be? This idea of a generational handoff, baby boomers handing off responsibility and jobs to millennials; what does that look like?"

It looks like Rocky 1.0, a new story for a new generation. "I was always honest with (Stallone) and let him know what the movies meant to me. I think he has an understanding that the movies kind of belong to everybody at this point."

STAR NOTES

Michael B. Jordan's love affair with Rocky

"The things that came to mind (while watching the Rocky films was) inspiration. Then this project came up and I had the chance to fall in love with the Rocky franchise all over again."

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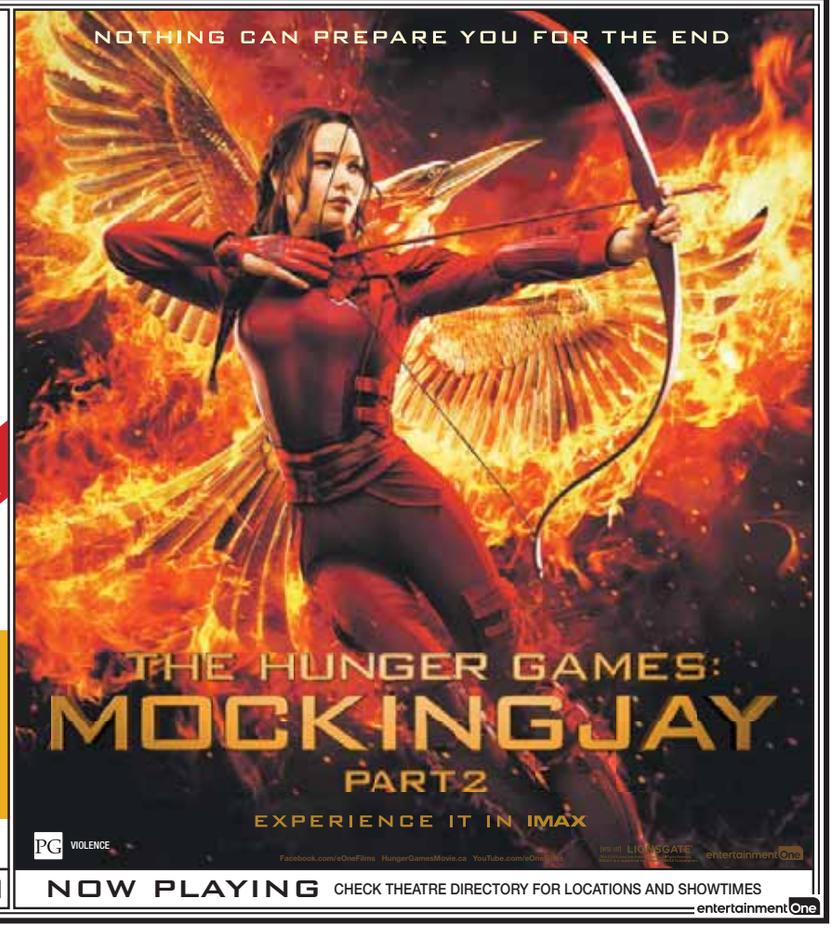

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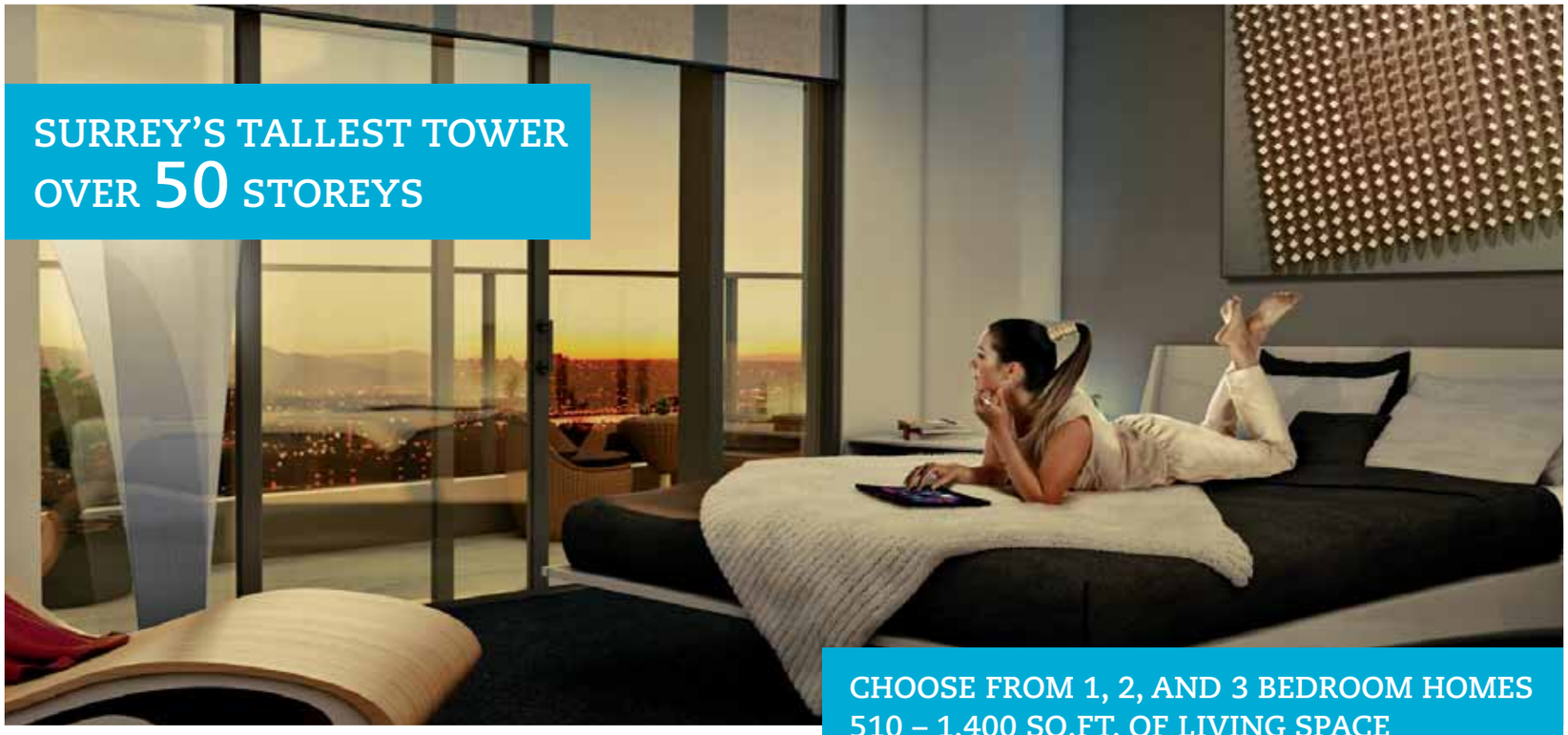

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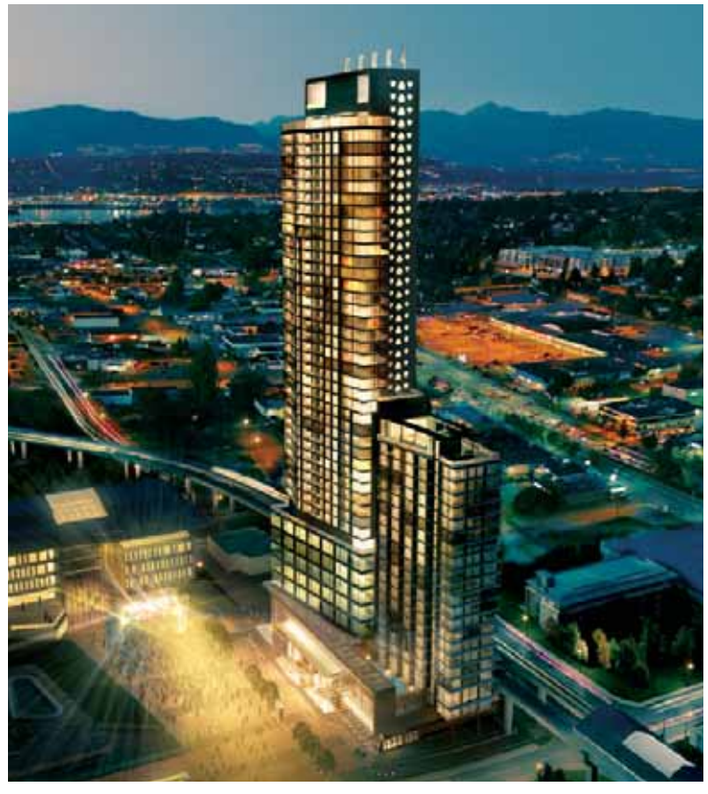

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DRAMA/ACTION

The Hunger Games - Mockingjay 2

Director: Francis Lawrence
Starring: Jennifer Lawrence, Julianne Moore

With the nation of Panem in a full-scale war, Katniss confronts President Snow in the final showdown. Teamed with a group of other fighters, Katniss goes off on a mission to liberate the citizens of Panem.

ROTTEN TOMATOES™ SCORE
Critics: 72% Audience: 99%

MYSTERY/SUSPENSE

Secret in their Eyes

Director: Billy Ray
Starring: Chiwetel Ejiofor, Julia Roberts

A tight-knit team of rising FBI investigators — Ray and Jess, along with their District Attorney supervisor Claire — is suddenly torn apart when they discover that Jess's teenage daughter has been brutally and inexplicably murdered.

ROTTEN TOMATOES™ SCORE
Critics: 35% Audience: 62%

COMEDY

The Night Before

Director: Jonathan Levine
Starring: Joseph Gordon-Levitt, Seth Rogen

Ethan, Isaac, and Chris are friends. Their yearly Christmas Eve reunion has been an annual night of debauchery. But the tradition is coming to an end, and to make it memorable, they set out to find the Nutcracka Ball.

ROTTEN TOMATOES™ SCORE
Critics: 66% Audience: 96%

DRAMA

Spotlight

Director: Tom McCarthy
Starring: Mark Ruffalo, Michael Keaton

This film tells the riveting true story of the Pulitzer Prize-winning Boston Globe investigation that would rock the city and cause a crisis in one of the world's oldest and most trusted institutions. This tense thriller traces the steps to one of the biggest cover-ups in modern times.

ROTTEN TOMATOES™ SCORE
Critics: 96% Audience: 95%

COMEDY

Love The Coopers

Director: Jesse Nelson
Starring: Olivia Wilde, Amanda Seyfried

When four generations of the Cooper family come together for their annual Christmas Eve celebration, a series of unexpected visitors and unlikely events turn the night upside down, leading them all towards a surprising rediscovery of family bonds.

ROTTEN TOMATOES™ SCORE
Critics: 20% Audience: 44%

DRAMA

Brooklyn

Director: John Crowley
Starring: Saoirse Ronan, Domhnall Gleeson

Eilis Lacey is a young Irish immigrant navigating her way through 1950s Brooklyn. Lured by the promise of America, Eilis departs Ireland for the shores of New York City. The initial shackles of homesickness quickly diminish as a fresh romance sweeps Eilis into the intoxicating charm of love.

ROTTEN TOMATOES™ SCORE
Critics: 99% Audience: 96%

1950S HOLLYWOOD

John Goodman talks Trumbo

John Goodman teams up with Bryan Cranston and director Jay Roach for Trumbo, starring as Frank King, the inelegant B-movie mogul who kept Dalton Trumbo (Cranston) working after he was blacklisted from Hollywood in the 1950s. And Goodman doesn't think we've come that far since then.

How familiar were you with Dalton Trumbo's story?
I was drawn to the people from the Group Theater in New York, and a lot of them went on to become very famous acting teachers but then a lot of them also joined the Communist party. So I knew about blacklisting from what had happened to them, and I knew about the Hollywood 10 — not in a lot of great detail. I'd admired Dalton Trumbo but, my God, I had no idea he was as prolific as he was.

It almost seems strange now how much people freaked out over Communism.
It doesn't seem strange to me at all, and it doesn't seem like we've learned our lessons very well. People are very good at manipulating fear for their own ends and for power. ... And these days of social media, it's becoming tribal, almost — the group-shaming of people, beating up on people. It's very good at turning individuals into mobs — "this is what's right to think, this is what's correct." And people aren't afraid to use death threats now and really, really hateful speech. Doesn't seem like we've learned a lot.

NED EHRBAR/METRO HOLLYWOOD

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Speaking up only the start of recovery

DOCUMENTARY

Ex-NHL player still battles demons of sexual abuse

Liz Brown
Metro | Canada

Swift Current blends the stories of former NHL player Sheldon Kennedy and younger victims who came forward after one of Kennedy's public talks. It airs Saturday on Global at 9 p.m. ET/PT. HANDOUT

It's been almost 20 years since former NHL player Sheldon Kennedy came forward with his story of sexual abuse at the hands of former Swift Current Broncos head coach Graham James.

In the years that followed, more victims shared their stories, James was jailed and Kennedy held up as a hero as he rollerbladed across Canada to raise money and awareness for sexual abuse victims.

Kennedy thought his disclosure would bring him peace, but the pain and trauma from those early years still haunted him as he battled alcoholism and cocaine addiction and had stints in jail.

At one point he found himself sitting with a gun, contemplating suicide.

"I think one of the biggest myths out there is once you tell your story, it's over," says Kennedy.

Swift Current, a new documentary about Kennedy and the struggles of sex abuse victims, aims to dispel that myth.

"This film paints a very visceral and cinematic portrait of how difficult it is to recover from sexual abuse trauma," says the doc's director Joshua Rofé. At first, Rofé says that Kennedy was reticent to work with him on the film, as he felt his story had already been told and there was nothing more to say.

But as their focus sharpened, they realized the story wasn't just Kennedy's, but a broader look at the healing journey.

"I think that this doc is told in a way of how the issues have evolved," says Kennedy, comparing The Sheldon Kennedy Story — the documentary about his life made in the late '90s — to Swift Current.

"If we look at the film that was made 17 years ago, it was just telling a story that showed this stuff happens, but I think we're at a point now where I believe (Swift Current) talks about solution. It's about hope," he says.

Threaded through Kennedy's own recovery are the stories of two 21-year-old victims who spoke up at one of Kennedy's public talks at Durham College in Oshawa, Ont.

In front of 300 people, they told their own stories of abuse and asked Kennedy for help.

"These kids were dying to speak up," says Rofé, who felt compelled to include them in the documentary.

Rofé shows Kennedy sharing his story and helping these young victims deal with the aftermath of their abuse.

"The great comparison that Josh has made in this film is between them — they're 21 — and me, who's been grinding away trying to get healthy for 20 years; the two different places of recovery," says Kennedy.

Today, Kennedy is clean and works to advocate for better child protection policies in Canada and the U.S. and is the lead director at the Sheldon Kennedy Child Advocacy Centre in Calgary.

But he admits his recovery still requires day-to-day work.

"It's about having tools," he says.

"For me, that's attending meetings and advocacy, working out, and heading out to my farm to ground myself."

"What I'm good at is pushing for change and listening to the grassroots and pushing at the top to make things happen," he says.

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Saoirse steps into role she's lived

PERIOD DRAMA

Coming-of age part plays into her own growth, says Brooklyn star

Steve Gow
For Metro Canada

Hollywood has never been an easy place to carve out a career — especially for child actors growing up in front of the camera. So it's particularly remarkable how smoothly Saoirse Ronan has maneuvered the maelstrom of the movie biz since entering it at just nine years old.

"I never played kid roles and I had never been in kid films so I always just thought of myself as an actor," reasoned the now 21-year-old actress whose acclaimed oeuvre includes The Lovely Bones and The Grand Budapest Hotel. "But until now, it was tricky to showcase that you were ready to move on to that next step of taking on roles that were a little bit more mature and where you're more at, personally."

That's why her latest offering, Brooklyn, was such an important role for the Irish-American actor. Based on Colm Tóibín's award-winning bestseller (which U.K. newspaper The Guardian named as "one of the ten best historical novels"), the 1950s-set drama follows the story of an Irish immigrant who flees to New York in search of work and must struggle with new loves and a life on her own as a young adult.

"What's particularly fresh about this story is that it's told from a woman's point of view and that's something that's missing from all of the accounts in the Irish canon of immigration," explained director John Crowley. "If you got that specific story right, then you'd have the scale to carry hundreds, thousands and millions of stories with it. It's sort of a keyhole drama in that way."

While that period of history remains scarce on testimony, Ronan insists she didn't necessarily rely on research to assume the character. Instead the acting approach that garnered Ronan an Oscar nomination in 2008 for Atonement has "very much stayed based on instinct" — something that also informed her latest coming-of-age portrayal.

"As you get older and you have more life experience, that does come into play when you play a character," admitted Ronan. "This was less of a journey to step into that place because I was already there."

What's particularly fresh about this story is that it's told from a woman's point of view ... something that's missing from all of the accounts in the Irish canon of immigration.
Director John Crowley

Saoirse Ronan plays an Irish immigrant in 1950s New York in Brooklyn, adapted from Colm Tóibín's bestselling novel. CONTRIBUTED

THREE THINGS

Ronan as chameleon
The first time I interviewed Saoirse Ronan she was 15 years old and the veteran of six movies. I had always admired her performances and as I walked into the interview suite I congratulated her on the film.

"T'anks pure much," she said with an Irish lilt that could charm the label off a bottle of Jameson Whiskey.

It was the first time I had heard her natural accent and confirmed what I already knew: that she was a chameleon with a propensity for accents that could give Meryl Streep a run for her money.

This weekend in Brooklyn she drops the drawls to play an Irish girl who immigrates to New York in the 1950s.

In what part of Ireland was she born? Despite her Irish accent, she was actually born in the Bronx in 1994.

"(My parents) went to New York in the '80s. There was a really bad recession in Ireland at the time. A lot of young people went to New York because that's our trek, that's our journey. The Irish always go to New York or somewhere on the East Coast."

Monica Ronan and Paul Ronan lived in New York for 11 years in total, moving back to County Carlow, Ireland when Saoirse was three years old.

Can she beat me up? Probably. To play teenage assassin Hanna she studied knife fighting, stick fighting, martial arts and learned how to shoot a gun. She performed most of her own stunts in the film and says if she was ever offered the action-star role of James Bond she would happily accept. "That tux? I could totally rock it." RICHARD CROUSE/METRO

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THE TV DINNER JESSICA ALLEN

To spoon or not to spoon? Those born in Italy were adamant that it's frowned upon.

I was confused after I watched Brooklyn during TIFF. It wasn't the plot — a young Irish woman, Ellis (Saoirse Ronan), must not only choose between her homeland (Ireland) and the country to which she recently immigrated (America) but also between two young men who inhabit those disparate worlds separated by the Atlantic. I think it was purely a case of disbelief: Did I just sit through an entire contemporary film without spotting a single superhero? Without any overt violence, villains, sex and scandal? Was this simply a tender movie, rich with '50s period detail, about the isolation of the immigrant experience; about love, loss and growing up?

Yes, it was. And I expected the critics would hate the film, which hits theatres Friday, for being overly sentimental. But they are nearly unanimously enchanted. It's a "gorgeous movie about love and the idea that you can't go home," said Indiewire, who also suggests that Ronan is "a sure bet for a best actress nomination."

With a single glance, the 21-year-old actress can so convincingly convey what homesickness looks and feels like that I ached to call my parents. I also became so invested in the difficult decisions her character has to make that my heart raced as though I was watching a thriller.

There was one decision, however, that I questioned. Ellis' den mother, played by the illimitable Julie Walters, helps her practise eating spaghetti, a delicacy that's she's never tried, to prepare Ellis for dinner with the family of her Italian-American boyfriend, Tony.

THE MOVIE: Brooklyn

THE MEAL: Spaghetti and meatballs

Ellis knocks their socks off, as she deftly uses her spoon to twirl the noodles around her forks' tines — just like they do.

Now, there will be two responses to the above observation: Some of you won't bat an eyelash while others will be incredulous: no respecting Italian past the age of five uses a spoon to eat spaghetti.

To spoon or not to spoon? That is the question I posed to friends. Those born in Italy were adamant that it's frowned upon. Plus, they said, you will never be given a spoon for a pasta course at a restaurant in their motherland. Others — including mangiacakes, like me, and second or third generation Italian-Canadians — spoon away. One friend told me that her parents, second generation Italians, used the spoons for noodle-twirling — that is until they travelled back to their tiny home village in Calabria, where spoons were for soup, not spaghetti.

Could it be that when Italians immigrated to North America, not only their food metamorphosed, gracing us with dishes like pepperoni pizza, penne alla vodka and chicken parmigiana, but also their table etiquette did, too?

After getting lost in culinary history — the invention, popularization and industrialization of pasta — I can't be certain. But Miss Manners has a strong opinion on the matter: "In the civilized world, which includes the United States and Italy," she wrote in 2005, "it is incorrect to eat spaghetti with a spoon."

No matter, because all my research made me hungry for what could arguably be Italian Americans' greatest contribution to modern civilization: spaghetti and meatballs. (In Italy, meatballs, or polpette, are served on their own, not in "Sunday gravy.") So, after whipping some up, we devoured huge bowls of it while watching The Godfather II, obviously. No spoons were required.

Jessica Allen is the digital correspondent on CTV's The Social.

FILM BRIEF

Stalled Freddie Mercury biopic may yet rock us

A long-gestating Hollywood biopic of Queen singer Freddie Mercury may have a new chance at hitting the screen, with a new screenwriter hired to work on the project.

Sacha Baron Cohen had initially been slated to play the singer but dropped out in 2013, and a year later, the film lost its director.

Now, Deadline reports that the Oscar-nominated scribe behind The Theory of Everything, Anthony McCarten, is taking a crack at the screenplay.

Once the screenplay is written, studio Sony will read the script and have the possibility of opting in. AFP

Freddy Mercury
THE ASSOCIATED PRESS

Bridging 13 years in adaptation

INTERVIEW

Chiwetel Ejiofor talks making a film American

Ned Ehrbar
Metro | Hollywood

For The Secret in Their Eyes, Chiwetel Ejiofor teams up with Nicole Kidman and Julia Roberts — and takes on a unique acting challenge: playing the same character during two distinct periods of his life 13 years apart.

And while a little gray in the temples helps, Ejiofor found some unique ways to distinguish the two versions of himself.

What was it about this character that interested you?
I liked the idea of dealing with this character in two different time periods, thereby being able to reflect and engage with the obsessional qualities that he has. I'm sure it's a part of his character anyway, but these circumstances that he's in kind of highlight his propensity to become obsessed. It becomes a very interesting story about this guy's psychology, the demons at play within him. I was really excited about exploring all of those things.

That gap between the two periods is interesting. Did you do any work for yourself as far as what his life was like in between?
Yeah, I mean, building a sort of background for him and what his life was — his romantic life and his professional life — and just sort of filling in the gaps of that was really helpful. But the main event for him is that there's like a sound that he can't get rid of. I thought of it as almost literal, almost kind of something a ringing sound that he could never escape. He has the knowledge that the only way he'll ever get past or get through it is by finding the guy who did the thing. So the main thing for him in that time is that he cannot break free of this obsession, this need.

If you're imagining an actual ringing in your ears, does that drive you crazy by the end of the shoot?
(laughs) Yeah, I mean if it were to really manifest. But you know, yeah, it's obviously metaphorical but there's definitely a sense of that with him. And that's why I think when he starts to confront the guy, it just takes on its own quality.

Julia Roberts, Nicole Kidman and Chiwetel Ejiofor star in Secret in Their Eyes. HANDOUT

Did you watch the original Argentinean film?
No, I didn't. I didn't see it beforehand. I've seen it since. I felt like it was going to be interesting to me to be able to take a look at it afterward. What I always suspected was that the films would be very different because an American version of an Argentinean film, I think, just sort of culturally comes from a different place and would therefore go down a totally different avenue. And I think that's true of the film, that they become kind of cousins in a way. They're not directly related. They follow some of the same narrative principles, but the characters exist in totally different universes.

Can you pinpoint a cultural difference between an American and Argentinean version of a story?
In a sense, in the Argentinean version, there's something quite delicate and tender in the center of it that is slightly different from the Americanized version of the film, which is quite muscular, you know? And has a slightly different feel to it. It's quite different. I think both things work, but I don't think they could be overlapped. I don't think you could make an American version of the film that could sustain that kind of tenderness.

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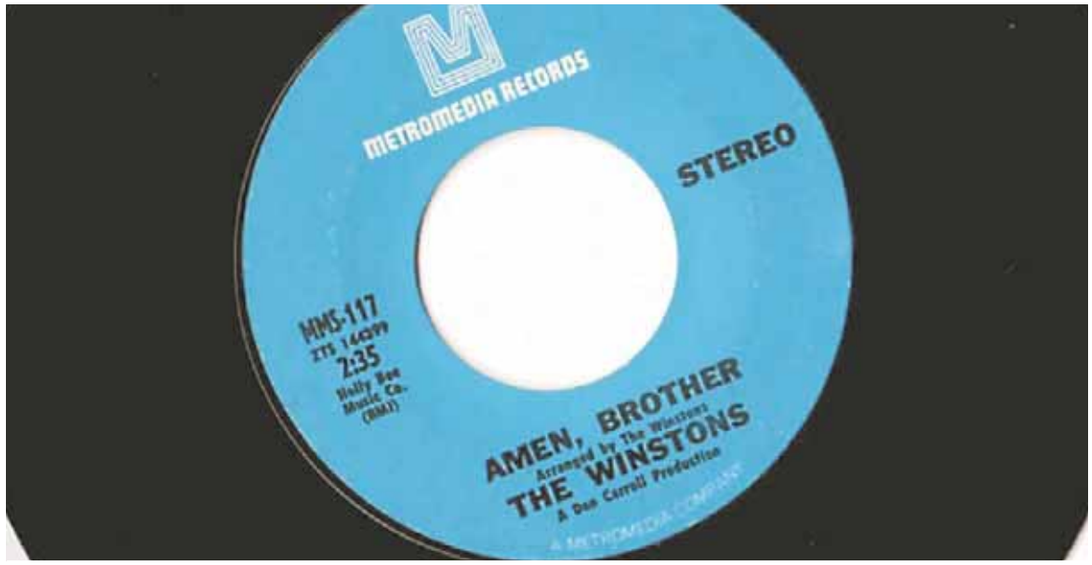
Amen! Sampling justice finally dealt

GOFUNDME

The Winstons get cash for six-second contribution

Alan Cross
For Metro Canada



A snippet from the song Amen, Brother (known as the Amen Break) has been used by everyone from NWA to Slipknot, but until recently, its creators didn't receive any financial compensation. HANDOUT

In 1969, a DC soul outfit called The Winstons released a single called Color Him Father, which reached No. 2 on the Billboard Hot 100 and won a Grammy for Best R&B Song the following year. The B-side of that single received almost zero attention. Ten years later, though, that forgotten song dramatically changed the course of music.

Amen, Brother was an instrumental that riffed on a piece entitled Amen, written for a 1963 film entitled Lilies of the Field and then covered by The Impressions in 1964.

Once The Winstons recorded it, they immediately forgot about it — until they started hearing it again and again.

Starting in about 1980, a six-second snippet of the song — a drum break played by GC Coleman — began turning up in rap recordings.

As the decade progressed, these four bars were surgically excised from Amen, Brother and implanted into dozens, then hundreds and then thousands of new songs.

The Amen Break, as it became known, crept into hip hop, breakbeat, jungle, electronica, drums and bass, techno, industrial music, pop and rock as an often greatly manipulated loop of beats.

Coleman's beat was fed into digital recording software and sped up, slowed down, stretched, distorted and otherwise manipulated.

Checking the WhoSampled database, the Amen Break has been used in no fewer than 1,871 songs, ranging from NWA and the Prodigy to Slipknot and Janet Jackson. You have most definitely heard it.

And how much were The Winstons compensated for having a piece of their song used as the basis for so many others?

What did they earn for helping to change the face of music?

Zero. Nothing.

The Winstons' Richard Spencer — the holder of the copyright — could only shrug in dismay at this plagiarism.

It was flattering that so many people found these six seconds to be so useful, but shouldn't a little cash have come back to him?

Meanwhile. GC Coleman, the man who actually played those beats, died homeless in Atlanta in the fall of 2006.

A couple of British DJs, Martyn Webster and Steve Theobald, understood the injustice of the situation so they set up a GoFundMe campaign to raise some cash as compensation. People responded graciously.

Earlier this month, Richard Spencer was presented a check for £24,000 (about $50,000 CAD). Hey, it's only a fraction of what's owed, but at least is something, right?

For more, go to AJournalofMusicalThings.com or follow me on twitter at @alancross.

INTERVIEW

Rick Ross talks new album and 50 Cent, Meek and Wale

Rick Ross is dropping new remixes. THE ASSOCIATED PRESS

For Rick Ross, it's been a juggling act for the self-proclaimed "bawse." The Grammy-nominated rapper is set to release his eighth album, Black Market, on Dec. 4, but his life is busy with more than just music.

What do you want listeners to take away from Black Market?
Black Market is the purest representation of me at my most comfortable form. The music is soulful and layered. It's sophisticated, but it's street.

You and 50 Cent had an exchange on social media recently. Why do you think he continues to attack you?
You ever ask yourself that?

People still look at it as beef.
Are you aware of his current financial status?

He filed for bankruptcy.
And when companies and corporations usually file for bankruptcy then, what?

You tell me.
You do that when it's over. It's called "when it's over." So rest in peace. R.I.P. Other than that, we are running around New York City (50 Cent's hometown) as we speak. The excitement in these streets for the new album, I'm dropping new remixes, I've been in the game since '06 and nobody has ever stepped on one of my sneakers. Not one, ya dig. That speaks for itself.

There's a lot of talking and tweeting in this industry, but who really getting money? Don't ever get it twisted. You see Jay Z, you see Puff Daddy, and right around there somewhere, you see (Rick Ross) is in the starting lineup. We put new chlorine in the pool weekly. It's a lot of distractions that's meant to distract you from staying focused.

There was some friction between your label mates Meek Mill and Wale.
It came and went. When things have potential to (become) something that's a problem, then I may get involved. ...I know in 10 years, they will be the same executives, if they are no longer artists, giving the next generation the right input. ...My job is to make sure they don't take it (too far) ... which will never happen. I put my life on that.

THE ASSOCIATED PRESS

STUDIO

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Fine-tune your holiday decor

Andrea Janus

The holidays are almost upon us, and it's about that time to drag the decorations out of the attic and start making the house look a little more festive.

But to avoid going full-on Clark Griswold with lights that will strain the local power station and more kitschy bric-a-brac than a dollar store, consider these tips from interior designer William MacDonald of WillMac Design. First things first. "Don't go overboard," he says. "If you think you have too much, you do."

Many people make the mistake of overloading one room: piling up the sideboard, mantelpiece and end tables with decorations.

"Spread the love around the house," MacDonald advises. Even if you're decorating from the same box of ornaments you've had for decades, spread those tchotchkes around the house, including the powder room or the front hall.

The best way to avoid going overboard, though, is to pick a theme, which could be a motif (snowflakes or reindeer) or a colour, then build your decor around that.

Look for inspiration anywhere, even months before Christmas on your summer holiday.

MacDonald found a starfish on the East Coast one year, and the following Christmas the star was his holiday motif. Once you decide on a theme, it isn't necessary to spend a lot of money, MacDonald says. A local park or wooded area, and even the grocery store, are great places to start.

Filling large decorative bowls, or even large serving bowls or soup terrines, with seasonal fruits (pomegranates or clementines, for example), nuts, or pine cones and branches that you've sprayed with silver or gold paint is an easy way to get a cozy seasonal look without breaking the bank.

"I'm a strong believer in going to your fridge first," MacDonald says.

Otherwise, invest in a good-quality artificial garland to keep in your holiday kit that you can use year after year. Drape it over the mantel, along a staircase or down the middle of your holiday table. Every year you can accessorize it differently based on your chosen theme, MacDonald says.

Party Prep

Once the house is decorated and you're ready to entertain, MacDonald advises bringing in some key items that you will likely reuse throughout the year.

A bar cart will always come in handy during the holidays for smaller parties, and makes for easy entertaining year-round.

But for a larger guest list, use a sideboard or rent a large table and set out all the fixings, MacDonald recommends.

And always be prepared for surprise visitors by having a low-sided basket full of nuts, candies and cocktail napkins underneath or inside the coffee table.

When friends pop by unexpectedly for a holiday libation, "You just bring that up and put it in on the coffee table and say, 'let me get you a glass of wine,'" MacDonald says.

"Just like you were expecting them to pop by." And always have another basket of toiletries and a set of towels and linens ready for visitors who may not be ready to leave until the next morning.

1 Gold berry wreath, $29, Walmart, walmart.ca.
2 Wood reindeer vase, tall, $39.95, Chapters and Indigo stores, chapters.indigo.ca.
3 Gold and ivory animal silhouette pillow, $39.50, Chapters and Indigo stores, chapters.indigo.ca.
4 Washed jewel tone votive cup, $19 each, Pottery Barn, potterybarn.com.

Time to prep for the holiday party

HOST WITH THE MOST

You've decided to hold a party this year: now what?

Astrid Van Den Broek

Every year you've wanted to host a holiday party but every year things have been too crazy. But now that you've settled on hosting one and you have a date picked, where do you go from here?

SEND INVITES OUT

Nancy Zaretsky, founder and head stylist of Toronto's My Perfect Party Inc., recommends getting those invitations out as soon as possible.

Once you've set the date and invites are in the mail, give some thought as to the type of party you'd like. A casual one? A formal affair? Where are you going to host it? In your home or somewhere else?

THINK THEME

Zaretsky says themed parties are the trend these days in pulling together holiday affairs.

"So it's beyond just a colour scheme," she said. "Now people do things like an Ugly Sweater Party or a movie theme or something specific like that. It really makes the party a bit more fun." It also makes party planning easier, since all your foods and decor can be wrapped around this idea.

Themed parties also lure guests to your gathering. "So if they have to wear something specific or do something for the event, it's more of a unique event for attendees and can attract people to your parties," said Zaretsky.

THE DAY OF

Work ahead and have everything prepared so that you, too, as the host, can enjoy the party and aren't spending all your time in the kitchen. "Prepare a light menu beforehand with something easy that you've done before," suggested Zaretsky. "This isn't the time to start a new recipe or use one that's challenging." Prep work also means prep ping for mid-party replacements: think appetizers on platters that are ready to go, plenty of extra ice stashed in a cooler or freezer and bowls of garnishes for drinks and appetizers also standing waiting. Better yet, when you're planning the party, opt for self-serve dishes that require minimal maintenance on your part.

SET UP A TAKEAWAY

End your party with a sweet touch in the form of a sweet or dessert table, popcorn bars or candy stand.

Think self-serve so again you're not waiting at the door handing everything out. You could even give away your leftovers if you arm your guests with unique, small containers to take food home with them. (Hint: Be sure to put a sign up at the station telling guests to feel free to fill the container up and take it home with them.)

"Anything small that's personalized is really nice and people really love that," said Zaretsky.

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Sarah Silverman's New York

DAY IN THE LIFE

Comedian talks her favourite hangouts and pastimes

Steve Gow
For Metro Canada

Sarah Silverman may have grown up in New Hampshire, but the popular comedian certainly relates more to New York — in particular Lower Manhattan, where she blossomed as an edgy standup comic. While her upcoming, critically acclaimed drama I Smile Back and a new HBO comedy special (premiering Nov. 23) have kept her busy lately, Silverman always gets back to the city that makes her "heart just swell." We caught up to uncover her ideal day in The Big Apple.

Washington Square Park in Greenwich Village is the ideal spot for people-watching. ISTOCK

The Comedy Cellar is like my home, I love it.

Brunch at the deli

Begin your day with a late-morning brunch at B&H Dairy (facebook.com/BHDairy-KosherRestaurant) — an East Village staple for more than seven decades.

"It's a tiny hole-in-the-wall," laughs Silverman, of her go-to daytime diner. "They have the best soup, the best challah bread and it's a kosher deli. I have no religion at all, but I am a vegetarian so it's the only matzo ball soup I can eat because it's not made with chicken fat."

Walk in the park

"My favourite thing to do in the world is just walking the streets of New York," admits Silverman. But nowhere is patrolling the pavement better-suited than nearby Washington Square Park in Greenwich Village (washingtonsquareparkconservancy.org).

Notably renowned for the iconic 123-year-old Washington Square Arch, this gorgeous urban garden plays host to everyone from students to street performers to chess enthusiasts, making the historical square once known for public executions now the ideal spot for people-watching.

Dinner with Frank

A mere 12-minute stroll back into the East Village will land you at Silverman's favourite supper stop. A small, uncompromising eatery, Frank (frankrestaurant.com) boasts an astonishing wine list and serves up authentic Italian entrees like Rigatoni al Ragu for a reasonable price.

"It's loud, it's small, you can't have any adjustments on your order (and) it's cash only — it's one of those places," says Silverman. "But it is the best Italian food in New York City."

Laugh the night away

Make your way back to Greenwich Village to finish your evening rolling in the cramped aisles of Silverman's favourite comedy club.

"The Comedy Cellar (comedycellar.com) is like my home, I love it," explained Silverman of the legendary basement bar where one can often catch surprise sets by the likes of Chris Rock or Louis CK.

Afterwards, Silverman suggests winding down around the corner at their sister club The Village Underground. After all, "that's where all the comics hang out."

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5 GIFT SUGGESTIONS FOR THOSE ON THE GO

Wondering what to get the traveller on your holiday list? Here are a few ideas:

1 Multi-tool wonder

Move over, Swiss Army knife — there is a new multi-tool available this season and you can wear it on your wrist. Worn as a bracelet, the Leatherman Tread is 25 tools in one; each link of this bracelet is a stainless steel implement, from various-sized screwdrivers to a bottle opener to a pick/SIM card tool. It is designed to be customizable with slotted fasteners so you can rearrange links, add new ones, and adjust to your wrist size. Available for $155 at Mountain Equipment Co-op or online at mec.ca.

2 Haulin' it

If your special someone needs new luggage, Bentley's black and red Air Canada Quest Hardside Spinner conforms to Air Canada flight regulations. Each component of the three-piece luggage set is designed with four spinner wheels, two zippered compartments, tie-down straps and a telescopic handle. The pieces are sold separately; the carry-on retails for $109.99 CAD, the 24" for $119 and the 28" for $139. If you purchase online at shopbentley.com the shipping is free.

3 No ordinary towel

Discovery Trekking's ultra fast-dry towels have silver anti-microbial technology, which makes them odour-resistant. They fold up compactly to slip into a suitcase or carry-on bag and are multifunctional; they can also be used as a sarong, a scarf and a travel blanket for the car or plane. See discoverytrekking.com.

4 Memories

With a Travelzoo.ca gift certificate you are not only giving some unique travel experiences, but you are saving money. A stay at the Auberge Saint-Antoine in Quebec City, voted one of the best hotels in the world by Travel + Leisure Magazine, is $179 (a savings of 35 per cent), dinner for two at Bauhaus in Vancouver, featuring a tasting menu by a Michelin-starred chef will set you back $120 (a savings of 45 per cent) and a Niagara-on-the-Lake Culinary Walking Tour for two is only $55 (a savings of 44 per cent). **LOREN CHRISTIE/FOR METRO**

5 A good flight's rest

Looking for a cheap and cheerful stocking stuffer? Colourful and practical, an Austin House memory foam neck pillow is perfect for sleeping on an airplane. The fleece is removable and washable. Pick one up at Staples or your local CAA office.

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Unusual places to spend the night

EUROPE

Wake up in a cockpit or a Snowcastle

To escape the gray and gloomy atmosphere of fall, what could be better than an extended weekend stay in an unusual and quirky location? The HomeToGo vacation rental website has identified a number of surprising accommodation offers all over Europe that are worth the trip. Read on for a few of AFP's top picks:

STOCKHOLM

An air pilot's cabin

In the Swedish capital, a passenger airplane has been chartered to accommodate tourists in search of a unique nighttime spot. The cockpit has been transformed into a two-person bedroom suite with free Wi-Fi and private bathroom. The experience goes for 382 euros ($545 CDN) per night. For those with tighter budgets, a number of other rooms are available throughout the plane at a lower price range.

PARIS

A cupcake shop

In Paris's iconic Montmartre district, a tourist hot spot, the owner of a cupcake boutique rents out her establishment for overnight stays. Lucky guests will stay in a charmingly British setting and will be offered some of the owner's pastry creations during their stay. The 25-square-metre space goes for 130 euros ($185 CDN) per night.

LAPLAND, FINLAND

An ice castle

Every winter, the "Snowcastle" is rebuilt to welcome visitors that dream of spending a decidedly unique evening. The room is made of ice and can accommodate up to five people. Single rooms and suites are also available and sleeping bags are supplied with each bed. Prices start at 118 euros ($168 CDN) per night.

AMSTERDAM

A sailboat

Anchored on one of Amsterdam's many canals, visitors can rent out this entire sailboat. It includes 11 bedrooms, four bathrooms and can accommodate up to 30 guests. Travellers will have the privilege of visiting the Dutch capital from the water thanks to a tour of the canals. The sailboat contains a common room equipped with a television, a stereo system and a draft beer machine. Prices start at 731 ($1,043 CDN) euros. AFP

Easy to find your groove in Memphis

TENNESSEE

Enjoy its rich history, its love of music, and plenty of beer

This city loves its music. It protects its history. And it's really starting to like its beer.

Travellers to Memphis need to know the basics of this Tennessee city nestled along the Mississippi River. It is a capital of blues, rock and roll and soul music, a gritty city where influential musicians like B.B. King, Elvis Presley and Otis Redding lived and worked.

It is a city rich in history, where cotton trading was once the main economic engine, where Confederate and Union gunboats battled on the river during the Civil War, where Martin Luther King Jr. came to support striking city sanitation workers and was assassinated.

And, it's a city that likes to have fun, whether it's on world-famous Beale Street or in the breweries that have started making craft beers in recent years.

Here are some essentials for visiting Memphis:

What's new

It took 34 years, but the Blues Hall of Fame finally opened in May on South Main Street, a neighbourhood undergoing significant revitalization.

Founded in 1980, the non-profit Blues Foundation has inducted about 130 performers and dozens of others into the Hall of Fame, but only now does it have a brick-and-mortar location for where music-lovers can see memorabilia attached to their favourite blues musicians, from B.B. King to Robert Johnson to Pinetop Perkins.

The building sits across the street from the National Civil Rights Museum and near art galleries, restaurants and bars just south of the downtown area. Artifacts include clothing, paintings, bronze busts, records and magazines tied to the world's most influential blues masters. There's also an interactive database.

CRAFT BREWERS IN THE SPOTLIGHT

A beer-brewing revolution has hit Memphis in recent years. At Memphis Made brewery, long tables give it the feel of a German beer garden, and Wiseacre has an outdoors area for chilling out.

A memorial outside the club of B.B. King on Beale Street in May, following the blues legend's death. Beale Street is home to various live music venues and shops. KAREN PULFER FOCHT/THE ASSOCIATED PRESS

Classic attractions

One of America's most popular attractions sits in Memphis: Graceland, the home-turned-museum celebrating all things Elvis. The house is open for tours, and the attraction across the street features Elvis-related exhibits, including a neat one displaying vehicles owned and used by Elvis, from a Ferrari to a Harley-Davidson. A new 450-room hotel, Guest House at Graceland, is under construction, scheduled to open October 2016.

Other classic music spots include Sun Studio, where Elvis, Jerry Lee Lewis, Carl Perkins, Johnny Cash and Charlie Rich recorded music; and Stax Records, where Redding, Sam & Dave, the Staple Singers, Isaac Hayes and others cut songs in the raw, soulful "Memphis sound."

A walk down Beale Street reveals well-worn, but fun, live music venues in Rum Boogie Cafe and W.C. Handy's Blues Hall. There are plenty of shops to get that shot glass or T-shirt for a friend or relative. A visit to Blues City Cafe will not disappoint, as it serves four of Memphis's main food groups: barbecue ribs, fried catfish, hot tamales and Jack Daniel's.

The National Civil Rights Museum tells the story of the history of the civil rights movement, and its important moments and figures. Built on the location of the old Lorraine Motel — where Martin Luther King Jr. was assassinated in April 1968 — it features a view of the room where King stayed at the hotel.

Finally, a visit to the Memphis Zoo, ranked as one of the nation's best zoos annually, is a must-do. Giant pandas, hungry hippos and playful penguins are among the living attractions. During the winter holidays, the zoo has a Christmas lights display and ice skating.

THE ASSOCIATED PRESS

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metro SPORT

The Red Wings have placed Johan Franzen on long-term injury reserve as he deals with concussion-like symptoms

Canucks' prospect Boeser making all his shots count

HOCKEY

First-round pick in '15 has 12 points in 12 NCAA games

Cam Tucker
Metro | Vancouver

For a while now, it's come naturally to Brock Boeser to shoot the puck.

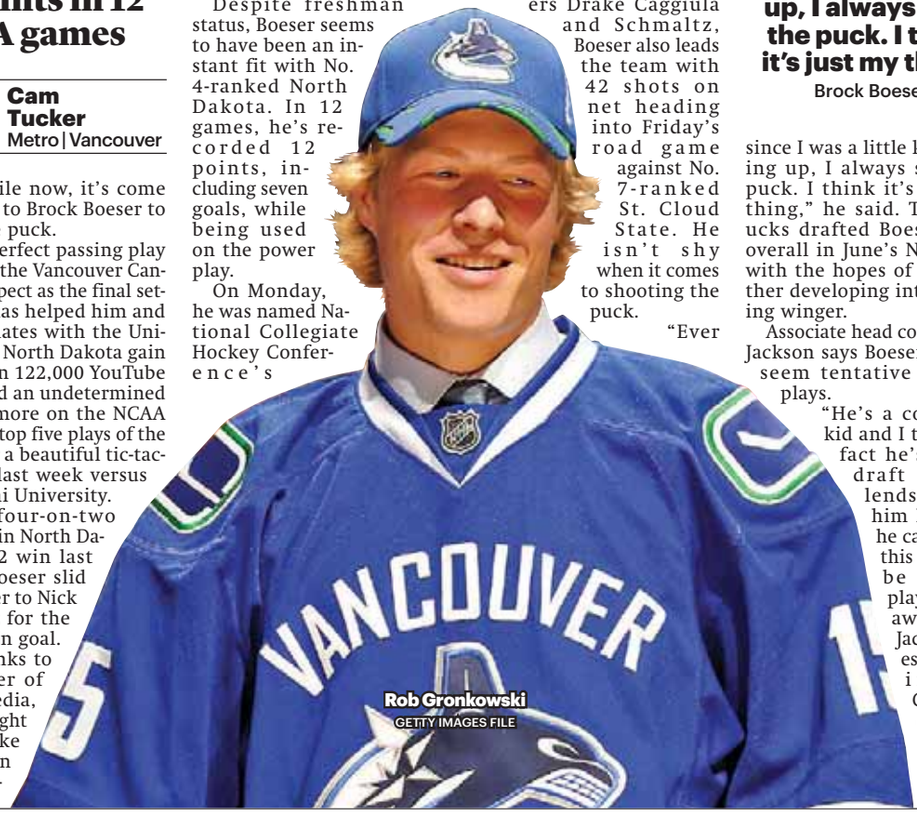
But a perfect passing play featuring the Vancouver Canucks prospect as the final set-up man has helped him and his linemates with the University of North Dakota gain more than 122,000 YouTube views, and an undetermined amount more on the NCAA website's top five plays of the week, for a beautiful tic-tac-toe goal last week versus the Miami University.

On a four-on-two rush late in North Dakota's 6-2 win last Friday, Boeser slid a pass over to Nick Schmaltz for the easy tap-in goal. And, thanks to the power of social media, the highlight spread like wildfire on the Internet. "I've probably seen it five or 10 times," the 18-year-old Boeser said in a phone interview, adding he first noticed the replay on Twitter.

Despite freshman status, Boeser seems to have been an instant fit with No. 4-ranked North Dakota. In 12 games, he's recorded 12 points, including seven goals, while being used on the power play.

On Monday, he was named National Collegiate Hockey Conference's Rookie of the Week for a second time already this season.

Playing on a line with North Dakota's leading scorers Drake Caggiula and Schmaltz, Boeser also leads the team with 42 shots on net heading into Friday's road game against No. 7-ranked St. Cloud State. He isn't shy when it comes to shooting the puck.



Rob Gronkowski
GETTY IMAGES FILE

"Ever since I was a little kid growing up, I always shot the puck. I think it's just my thing," he said. The Canucks drafted Boeser 23rd overall in June's NHL draft with the hopes of him further developing into a scoring winger.

> **Ever since I was a little kid growing up, I always shot the puck. I think it's just my thing.**
> Brock Boeser

Associate head coach Dane Jackson says Boeser doesn't seem tentative making plays.

"He's a confident kid and I think the fact he's a high draft pick ... lends well to him knowing he can play at this level and be a good player right away," said Jackson. Boeser skated in the Canucks' development camp in July.

BACKGROUND

Struggling Canucks host champion Blackhawks

The Vancouver Canucks host the defending Stanley Cup champion Chicago Blackhawks on Saturday at Rogers Arena.

The Canucks are coming off a disastrous seven-game road trip, in which they won only once, collecting four of a possible 14 points. They've struggled in the month of November, with two wins in nine games so far.

With forward Brandon Prust appearing ready to return from injury, the Canucks on Thursday reassigned Alexandre Grenier back to the American Hockey League's Utica Comets.

CAM TUCKER/METRO

While still keeping tabs on the Canucks via Twitter, and trying to continue his strong first season at North Dakota, Boeser, from Burnsville, Minn., is also awaiting the pending announcement for the U.S. national junior selection camp roster for the 2016 World Junior Championship.

"I think I definitely have a shot for this year," he said.

MLS

Waston re-signed by Caps

With the 2015 season now behind them, the Vancouver Whitecaps have brought back one of their core players, re-signing towering central defender Kendall Waston to a multi-year contract extension.

The deal was announced Thursday. The 27-year-old Waston, from Costa Rica, was not only the runner-up for top defender in Major League Soccer this past season, he was also voted as the club's player of the year following an impressive season as a pillar of sheer strength on the Vancouver back line.

Kendall Waston
GETTY IMAGES

According to the MLS Players Union, Waston made $226,250 in the 2015 season. The club didn't release terms of his new contract extension.

"Kendall is an important building block in what we're trying to accomplish at this club," said Whitecaps head coach Carl Robinson in a statement.

"His passion, physical presence, and ability to come up big in crucial situations have been instrumental to our success. He's a leader on the pitch and we're excited to have arguably the best centre back in the league during the prime of his career."

CAM TUCKER/METRO

CFL

Buono responds to Harris exit comments

If it's truly over between Canadian running back Andrew Harris and the B.C. Lions, what has been a six-year partnership may not end in amicable fashion.

Harris, who finished second in the league in rushing and led the league in most rushes in 2015, is a pending free agent. Earlier this week, as players cleaned out their lockers, Harris publicly sounded his frustrations from this past season to the media.

While saying about his future that the "writing was ... on the wall," Harris did also made a point of saying he hasn't ruled out returning to the Lions for 2016.

When asked about the comments Harris made, Leos' general manager Wally Buono fired back — his critique also included an anecdote about first-year kicker Richie Leone — during a news conference Wednesday

"It doesn't have a negative effect on the negotiations. What it does is have a negative effect on where? In the locker room," said Buono, when questioned specifically on Harris.

"You think we're not frustrated at 7-11? You don't think we're frustrated with all this?

"Yes, you're going to go through your ups and downs. You're a professional athlete, you're a professional coach, you're a professional GM. I don't stand up here and every week show my frustrations on why we won or why we lost. You've got to be enough of a pro that you can't do that. Your body language can't be that evident."

Buono also said that in order to bring Harris back, the financial terms must make sense for the club against the salary cap.

CAM TUCKER/METRO

> **I don't stand up here and every week show my frustrations on why we won or why we lost. You've got to be enough of a pro that you can't do that.** Lions' GM Wally Buono

Andrew Harris said "the writing was on the wall" regarding his future with the Lions, but didn't rule out staying.
DEREK LEUNG/GETTY IMAGES

MVP votes pour in for the Bringer of Rain

Josh Donaldson became just the second Blue Jay to be named the American League's top player.
NATHAN DENETTE/ THE CANADIAN PRESS

MLB

Writers agree with Toronto fans' chants

Josh Donaldson heard the MVP chants rain down on him from the Rogers Centre crowd for much of the 2015 season.

While Toronto fans got their wish Thursday night as the Blue Jays third baseman was named the American League MVP, Donaldson said he never let the crowd noise affect his play.

"I remember the first time I heard it and it was kind of like, 'OK these guys are starting to get pretty serious about what's going on here,'" Donaldson said on a conference call. "I recognized that I was having a pretty good season at the moment ... but I understood too that there was a lot of season left and my goals aren't necessarily to win MVPs but to help my team win.

> **The best of the best!!! Without a doubt!!!**
> Jose Bautista (@JoeyBats19) in a tweet after Donaldson won AL MVP

"When I was in Oakland (the fans) started (chanting) for me as well and sometimes I would almost let it become a distraction — not to the point where I was nervous about them chanting that, but I wanted to come through so much for them ... I would almost put more pressure on myself," he added. "This year I understood ... I stayed focused on the task at hand, which was winning games, and I was able to accomplish that."

Donaldson hit .297 with a league-best 123 runs batted in to help the Blue Jays to their first AL East title — and first playoff appearance — since 1993.

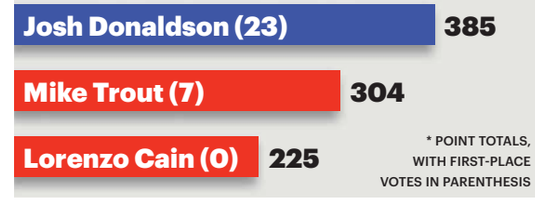
The 29-year-old beat Los Angeles Angels outfielder Mike Trout for the honours.

What was characterized as a close race leading up to Thursday's announcement turned out to be an easy win for Donaldson, who took 23 first-place votes and seven second-place votes.

Washington Nationals outfielder Bryce Harper was a unanimous choice as National League MVP. Harper became the youngest unanimous MVP winner in baseball history, capturing the NL award despite his Washington Nationals missing the playoffs.

Harper turned 23 on Oct. 16, after the playoffs had already started. He got all 30 first-place votes from members of the Baseball Writers' Association of America. THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

COUNTING THE BALLOTS



* POINT TOTALS, WITH FIRST-PLACE VOTES IN PARENTHESIS

T-Birds eye Vanier Cup after U-turn

UTECK BOWL

No. 7-ranked UBC takes on St. FX in national semi

The rapid rise of the UBC Thunderbirds has even Blake Nill struggling for an explanation.

When the no-nonsense head coach took over the University of British Columbia's football program last December — a team coming off a 2-6 campaign and without a winning record since 2004 — he was prepared for a painful rebuild.

Fast-forward just 11 months and, much to Nill's surprise, the Thunderbirds are within a game of the Vanier Cup.

"It's been a season that defies logic, to be honest with you," he said this week. "The kids have done a good job dealing with the transition. We're starting to play some pretty good football."

Good football is right.

The Thunderbirds (8-2) have won six straight heading into Saturday's Uteck Bowl against the St. Francis Xavier X-Men in Antigonish, including last weekend's 34-26 upset victory on the road over the No. 1-ranked, and previously undefeated, Calgary Dinos in the Hardy Cup.

Nill, who joined UBC after eight seasons with the Dinos, set expectations low at his introductory press conference, but what has happened with the Thunderbirds follows a pattern.

The Hanna, Alta., native won conference titles with the Saint Mary's Huskies and at Calgary in his second season, and is known as a master recruiter.

His prize target to get things off the ground at UBC was quarterback Michael O'Connor, a 19-year-old from Ottawa who transferred from Penn State.

"He's the real deal," said Nill. "When it's on the line he knows what he has to do. He makes some incredible plays."

While the No. 6 Thunderbirds are coming off a lightning-quick turnaround, the unranked X-Men have steadily improved over the last five seasons under head coach Gary Waterman.

St. FX (7-3) found itself down late in the Loney Bowl on the road against the Mount Allison Mounties, but got a late field goal into the wind that bounced off the crossbar and over for a stunning 14-12 victory. "One more rotation was what we needed," said Waterman, in his seventh year leading the X-Men. "I don't know how many times I've seen a ball hit a goal post and be no good. It was an incredible feeling."

THE CANADIAN PRESS

Blake Nill has led the Thunderbirds to an 8-2 record in his first season as the team's head coach. THE CANADIAN PRESS FILE

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RECIPE Grilled Ham Apple and Cheese Sandwich

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You made it to Friday! And you totally deserve this amped up grilled cheese with salty ham and sweet apple.

Ready in
Prep time: 10 minutes
Serves 2

Ingredients
- 4 pieces whole grain bread
- 2 Tbsp butter, softened
- 4 slices ham
- 1 cup cheddar, grated
- 1/2 Granny Smith apple, thinly sliced
- 1 Tbsp mayonnaise
- 1 Tbsp yogurt
- 1 tsp Dijon mustard

Directions
1. Mix the mayo, yogurt and mustard in a small bowl.
2. Warm up a large skillet to medium heat. Butter one side of two pieces of bread and place them bread butter side down in the pan. Spread the mayo mix evenly across the upward facing slices while they're in the pan.
3. Divide the grated cheese in half and sprinkle it over the bread. Now lay two slices of ham onto each piece of bread. Now add a layer of apple slices. Top with the other pieces of buttered bread, butter side out.
4. Place a small frying pan or plate over the sandwiches and then top it with something heavy, like a can of tomatoes. Check to see if it's ready to flip after the first piece of bread has been in the pan for about five minutes. When it looks crisp and golden, flip over and repeat the pressing action. Cook on the other side about another five minutes, but keep an eye on it. Remove sandwiches from the pan, slice in half and serve.

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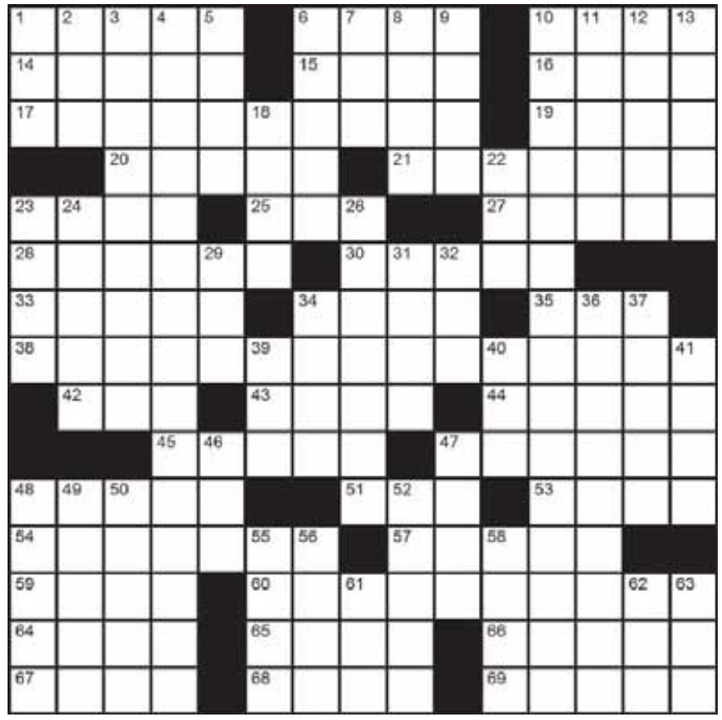
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Glassmaking ovens
6. "__ with Anna Olson" on Food Network Canada
10. Nature's green carpeting
14. Projecting window
15. Online auction site
16. Tom Jones' "__ __ Should Ever Leave You"
17. Hit tunes, TV shows, Bestsellers, etc.: 2 wds.
19. Talk
20. Springy sticks
21. Driveway surface
23. Hershey's treat
25. "Case of the Ex" songstress
27. Willie of '80s sitcom "Charles in Charge"
28. "See? Isn't that eggsactly what I said?": 2 wds.
30. Wire
33. "Family Ties" mother
34. US crash-investigating agcy.
35. Calif. NBA team
38. Traditional handcrafted blankets: 2 wds.
42. Sun. church delivery
43. Amazes
44. Piece of land
45. Greek mythology shield
47. Band-Aid injury
48. Mine entrances
51. '1000 Forms of Fear' songstress
53. "The Lion King" (1994) lioness
54. Canadian city with the slogan 'Our Tide Is Rising'
57. __-examination
59. Sacred symbol of ancient Egypt
60. Persuasive marketing spiel: 2 wds.
64. Lacquered metalware
65. "Lean __ __" by Bill Withers
66. "Be _ __ and get..." (Sugary request starter)
67. Angry snits
68. Without
69. Flavour-adders to dishes

DOWN
1. Shear
2. 'Ranch' suffix
3. Montreal... Louis-__ Lafontaine Bridge-Tunnel (St. Lawrence River crossing)
4. Sound effects from the DJ's turntable: 2 wds.
5. Garden invader
6. American flag seamstress, __ Ross (b.1752 - d.1836)
7. __ Dhabi
8. Songwriter Ms. DioGuardi
9. Optometrist's study
10. Toronto-born actor whose credits include "Total Recall" (1990), "The Perfect Storm" (2000) and Canadian outlaw biker gang miniseries "The Last Chapter": 2 wds.
11. Slice __ __ (Carnivore's sandwich ingredient)
12. Sedimentary rock
13. Cobblestones
18. Casa __ (Toronto attraction)
22. Chum
23. Footprint
24. Caffeine nuts
26. Rachel McAdams' profession
29. Repeated word in "She Loves You" by The Beatles
31. Questions
32. Lettered sauce
34. "__ get it!" (Aha! moment)
36. Carving material
37. Mil. rank: 2 wds.
39. "__ the Dog" (1997)
40. __-Aztecan languages
41. Plato's promenade
46. Cornerstone abbr.
47. Taverns
48. Family of Italian violin makers
49. Blood giver
50. Linen tape for trimmings
52. Slurpee-like frozen beverages
55. Bears: Spanish
56. Cute-style grandmother
58. Colourful fish
61. Alphabetic trio
62. Taxi
63. Timecard abbrs.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Know when to push for what you want but also when to back off. With both the Sun and Mercury moving into one of the best areas of your chart it won't take much to get the good things in life.

Taurus April 21 - May 21
It will be easy to get impatient today but with Mercury's entry into the area of your chart that governs joint financial matters you'll need all your energy for more important issues.

Gemini May 22 - June 21
Work hard but once you reach your targets reward yourself with plenty of rest and relaxation. Also, don't be too eager to confide your fears to people you don't know if you can trust.

Cancer June 22 - July 23
Bring what you've been working on to a conclusion and you will have accomplished something truly worthwhile. The Sun in Scorpio unleashed the creative side of your nature — now enjoy the rewards.

Leo July 24 - Aug. 23
You will have to deal with a rather emotional situation today, one that threatens to bring grievances to the surface. You must face your inner demons as well as external enemies.

Virgo Aug. 24 - Sept. 23
You will be remarkably persuasive today: your way with words will win over everyone. You will also have to deal with situations that call for a more hands-on approach.

Libra Sept. 24 - Oct. 23
Money doesn't have to be the center of your universe but you do need to make sure you get what you deserve. You've worked long and hard — don't let others take the benefits from you.

Scorpio Oct. 24 - Nov. 22
Do something dramatic before the Sun moves out of your birth sign on Sunday. Any doubts you've had must be swept away. If it feels right to you then it does not matter what the rest of the world thinks about it.

Sagittarius Nov. 23 - Dec. 21
There is something you need to clear up before the Sun moves into your sign at the weekend. This is the one and only chance you will get, so don't waste it.

Capricorn Dec. 22 - Jan. 20
You may be wondering why everyone is being so nice but don't let your doubts hold you back. You are liked and everyone wants to help.

Aquarius Jan. 21 - Feb. 19
You may be a recluse but you need to get engaged with the world. If you approach someone in a position of power with a request there is every chance it will be granted, so what are you waiting for?

Pisces Feb. 20 - March 20
Your confidence has been sky-high and you certainly won't be afraid to take chances. That the possibility of failure never enters your mind means that success is more likely — maybe even guaranteed.

CONCEPTIS SUDOKU by Dave Green

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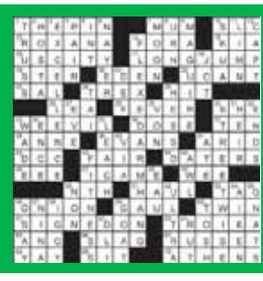

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